



Stacked Moments

What worked today? Where did I move like the version of me I'm becoming? Let's catch the momentum and build it on purpose.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. What did I do today that felt most like 'me becoming me' again? _____

2. Where did I follow through instead of bailing? _____

3. What emotion felt steady or regulated most of the day? _____

4. Did I notice myself adapting more, rather than overreacting? _____

5. What moment felt effortless, in a way that used to feel hard? _____

6. What did I stop trying to control today, and what happened when I did? _____

7. Was there a belief that held strong even when I was tested? _____

8. What decision did I make that I want to revisit? _____

9. Who or what helped reinforce the direction I'm going? _____

10. If today were a blueprint, what part would I want to copy and paste? _____
