2.3

WORKSHEET · CHAPTER 2

Two-week pattern notes

Every evening, looking back over the day. Don't analyze anything until day fourteen. A missed night gets the word missed.

DAY	WHAT DID I WANT?	WHAT DID I NEED?	WHICH SIDE WON, AND HOW DID IT GO?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

DAY 14: WHAT REPEATS?

The times of day. The places. The people. The days that go fine, and the ones that undo you.

On a bad day: one line. Which side won.