

Why is this section important?

The Daily Entry Tally section provides a measurable of how well you are doing with building consistency around your goals and routine. Days accomplished hold clues as to what is working for you. Days missed also hold valuable clues too, as to what is going on in your life.

Yikes! I missed days (a whole whack of them):

Well you and a whole whack of others too! It is about what you do right now with this moment that will make the greatest impact. The question is what do you do?

Remember your goals and "My One Life Mantra"? If you need to go back to your prep-worksheets to do a quick scan, go for it. That is what they are there for. I want you to be in the right mind set before we start digging into this next part. Your inner saboteur/critic may be on high alert here. We do not want them to take the lead and hijack the progress you are working towards and deserve. So take a moment to daydream a little about "My One Life Mantra" and those dreams of yours. I want you to come from a place of your desired best future self. Be curious. Judgement is not welcomed here.

Now let's start working through your missed day(s) or week(s). There is a lot of valuable golden nuggets here, trust me. Catching and working through this stuff now will help you get to the other side of your dreams. This will not be the last time you will be working through stuff like this. It is all about maintenance.

Now let's dig in . . .

## Some Questions to Ask Yourself

Has anything new come up in your world?

Could a simple tweak to your routine solve your inconsistency? If so, note some ideas.

Do you recognize any old undesirable traits/habits/thoughts show up? Note them down.

If yes, what would you like to replace these with? Then ways on how to do this?

Is there any avoidance happening? Write all that comes up.

## Some Questions to Ask Yourself

How has your environment impacted your routine?

How has your social circles influenced your routine?

What are some things that are working well for you right now?

Is there anything else you need to address, even acknowledge or celebrate?

What do you need to do for your next month of journaling?

