

Fuel vs WTF am I Doing?

Let's #DoThisThing.

My Daily Assessment

- Starting tonight before bed, make a list of five things you did today.
- Rate each on a 5-point scale: In order of highest to lowest, fives represent the things in your day that fuel you, push you and get you one step closer to the truest expression of yourself. The lower numbers indicate that which sucks you dry and makes you feel like shit.
- Note: Fives don't always feel good in the moment. They don't need to feel good, but they must serve a greater good or long-term goal. For example, Doing homework is a 5. It kinda sucks, yes, but the truest expression of you is responsible and intelligent. It's completion is a part of both your short and long-term goals. Make sense? A 3 is something like going shopping with a friend. You didn't really need anything, but you spent quality time with your bestie and she wanted your opinion on some stuff. It felt right, but it wasn't necessarily fueling. A 1 on the 5-point scale is when you ditched your mom to go hang out with your ex.*
- Those experiences that don't rate at least a 3 on your list are the people, places and things that will require some boundary-setting tomorrow.

Mon.

| | | |
|----|-------|-----------|
| 1. | _____ | 1 2 3 4 5 |
| 2. | _____ | 1 2 3 4 5 |
| 3. | _____ | 1 2 3 4 5 |
| 4. | _____ | 1 2 3 4 5 |
| 5. | _____ | 1 2 3 4 5 |

Fri.

| | | |
|----|-------|-----------|
| 1. | _____ | 1 2 3 4 5 |
| 2. | _____ | 1 2 3 4 5 |
| 3. | _____ | 1 2 3 4 5 |
| 4. | _____ | 1 2 3 4 5 |
| 5. | _____ | 1 2 3 4 5 |

Tues.

| | | |
|----|-------|-----------|
| 1. | _____ | 1 2 3 4 5 |
| 2. | _____ | 1 2 3 4 5 |
| 3. | _____ | 1 2 3 4 5 |
| 4. | _____ | 1 2 3 4 5 |
| 5. | _____ | 1 2 3 4 5 |

Sat.

| | | |
|----|-------|-----------|
| 1. | _____ | 1 2 3 4 5 |
| 2. | _____ | 1 2 3 4 5 |
| 3. | _____ | 1 2 3 4 5 |
| 4. | _____ | 1 2 3 4 5 |
| 5. | _____ | 1 2 3 4 5 |

Weds.

| | | |
|----|-------|-----------|
| 1. | _____ | 1 2 3 4 5 |
| 2. | _____ | 1 2 3 4 5 |
| 3. | _____ | 1 2 3 4 5 |
| 4. | _____ | 1 2 3 4 5 |
| 5. | _____ | 1 2 3 4 5 |

Sun.

| | | |
|----|-------|-----------|
| 1. | _____ | 1 2 3 4 5 |
| 2. | _____ | 1 2 3 4 5 |
| 3. | _____ | 1 2 3 4 5 |
| 4. | _____ | 1 2 3 4 5 |
| 5. | _____ | 1 2 3 4 5 |

Thurs.

| | | |
|----|-------|-----------|
| 1. | _____ | 1 2 3 4 5 |
| 2. | _____ | 1 2 3 4 5 |
| 3. | _____ | 1 2 3 4 5 |
| 4. | _____ | 1 2 3 4 5 |
| 5. | _____ | 1 2 3 4 5 |

On Sunday night, make a list of the people, places, things that rated closer to the "WTF am I doing?" side of the scale.

Replace your 1's and 2's with new 4's and 5's. For example, A bath. This playlist. Read for 30 min. Do some art. Write a poem. Dance around your room. Watch a funny movie. Bake your favorite cookies. Bring the cookies to your neighbor. You get the gist.