

GROWTH SESSIONS - TRACK MY PROGRESS

Step 1: MAKE A COPY / OR DOWNLOAD TEMPLATE	<p>TO USE THIS TEMPLATE, MAKE A COPY:</p> <ul style="list-style-type: none"> - If accessing via Google Docs, select File (in the upper left hand corner) → Make a Copy → Save to your drive to create your own editable version of this Google Doc (note: you'll need a Gmail account). - If you don't have a Google Account, you can still download the template as a word document. To do so, open the doc, select File (in the upper left corner) → Download as → Microsoft Word). - OR save and print the PDF version of the doc, listed in the Class Project section. - Name your Document. Personalising it gives you more accountability. For e.g. Doug's Monthly Tracking - You can print out this document to fill in your notes by hand, or add to it directly on your computer. It has 4 x weekly sheets to get you started.
Step 2: TRACK PROGRESS	<p>USING THE TEMPLATE, TRACK YOUR DAILY PROGRESS FOR EACH WEEK:</p> <ul style="list-style-type: none"> - Add the Date to the the top of each page at the start of each week, (e.g. w/c 9th April, w/c 16th April) - In the AM and PM boxes: make a TICK or a CROSS, or mark YES / NO / SORT OF / PARTLY (or whatever wording appeals to you), to indicate your success in completing your morning and evening routines. - In the NOTES section: jot down anything that's relevant to your progress. What you found difficult, or weren't able to do? What you enjoyed? How doing your routine made you feel? Etc. It's important to do this, so that when you review at the end of the week, you can start to see the patterns of your routines taking shape and tweak where necessary.. - Don't beat yourself up if it takes a while to find your groove.. In the first few weeks, you're in learning and experiment mode. Do make the effort to at least make a start every morning and evening. If you do that every day, you'll notice it soon becomes a natural habit. Most important: CELEBRATE YOUR PROGRESS AND SMALL WINS EVERY DAY, YAY!
Step 3: REVIEW	<p>REVIEW YOUR PROGRESS AT THE END OF EVERY WEEK:</p> <ul style="list-style-type: none"> - Consider what's working and what's not? - Is there something you're struggling to implement? Is there something you could be doing in a better way? Is there a different activity you want to introduce? - Tweak your routine, then keep going, review at the end of the next week and refine further if necessary.

PROGRESS - WEEK 1: _____

DAY	AM	NOTES	PM	NOTES
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

PROGRESS - WEEK 2: _____

DAY	AM	NOTES	PM	NOTES
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

PROGRESS - WEEK 3: _____

DAY	AM	NOTES	PM	NOTES
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

PROGRESS - WEEK 4: _____

DAY	AM	NOTES	PM	NOTES
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				