

building up specific strengths record

This table is intended for use with the "building up specific strengths" exercise. At the start of the week, make three (or more) specific "bright line" intentions and write them down on this diary sheet. Where appropriate write down the time, location and other description of the cue that will trigger the intended action (implementation intention). At least once in the 24 hours before an intention, use a *WOOP* exercise to prepare for it (and record in the "woop?" column) and after you've responded to the intention, note down any comments and record your % success too.

day & date	woop?	intentions	%?
1:			
2:			
3:			
4:			
5:			
6:			
7:			