		T. 73	
 8	8	What'	s one thing you're currently avoiding that you The hone fit from facing in the coming days?
	. [IIIIgiii	benefit from facing in the coming days?
		1.00	
		MP	Meaningful Progress (something productive that moved forward)
		L	Learning (what you discovered or realised)
		G	Gratitude (something you appreciate about the day)
		(Insight (a shift in perspective or understanding, or an aha)
		N.	No. of constitution and the state of the sta
		N	News (something noteworthy or different that happened)
		0	Objective (a note about one of the four Design Objectives)
			Objective (a note about one of the four Design Objectives)
	٠	В	Balance (how today felt overall)
		D	Balance (now louay len overall)
		W	Wish (something you'd like to have been different)
		00	wish tsomething you a like to have been different?
		M	Memorable Moment (a highlight or moment to savour)
		(V)	Wentorable Women (a nigniigh or moment to savour)
		C	Connection (a relationship or link that mattered today)
 •	٠		Connection (a relationship of this material today)
 •	٠	2	Strength (a reflection on particular Strengths you've used today)
 •			
	.		oid habituating or normalising to a review exercise, you
 •			wap capturing MP (meaningful progress) and instead
	• [captu	re another metric.