



What's one thing you're currently avoiding that you might benefit from facing in the coming days?

- ☐ MP Meaningful Progress (something productive that moved forward)
- ☐ L Learning (what you discovered or realised)
- ☐ G Gratitude (something you appreciate about the day)
- ☐ I Insight (a shift in perspective or understanding, or an aha)
- ☐ N News (something noteworthy or different that happened)
- ☐ O Objective (a note about one of the four Design Objectives)
- ☐ B Balance (how today felt overall)
- ☐ W Wish (something you'd like to have been different)
- ☐ M Memorable Moment (a highlight or moment to savour)
- ☐ C Connection (a relationship or link that mattered today)
- ☐ S Strength (a reflection on particular Strengths you've used today)

To avoid habituating or normalising to a review exercise, you can swap capturing MP (meaningful progress) and instead capture another metric.

