



# Daily Practice



Date \_\_\_\_\_

## Proclamation

1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_  
 4 \_\_\_\_\_  
 5 \_\_\_\_\_  
 6 \_\_\_\_\_  
 7 \_\_\_\_\_  
 8 \_\_\_\_\_  
 9 \_\_\_\_\_  
 10 \_\_\_\_\_



Rounds

## Gratitude

1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_



## Successes & things that went right today

1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_

Did I acknowledge pillar 1 today? \_\_\_\_\_

How well did I catch & redirect POPs today? \_\_\_\_\_

Did I do incremental training? \_\_\_\_\_

What did I do to elevate my mood? \_\_\_\_\_

\_\_\_\_\_

