

NC FCS Agents Living Well
Journal

Date _____

Strategy I am working on this week: _____

How many days did I achieve my goal this week: _____

How hard did I work this week: _____

**Rate your level using a scale from 0 to 11, with
0=nothing at all, 3=moderate, 7=very hard,
10=extremely hard, 11=absolute maximum.

How do I feel? (use this as an opportunity to reflect on the
outcome of your strategy)

This week I was mindful of:

NC FCS Agents Living Well
Journal

Date _____

Strategy I am working on this week: _____

How many days did I achieve my goal this week: _____

How hard did I work this week: _____

**Rate your level using a scale from 0 to 11, with
0=nothing at all, 3=moderate, 7=very hard,
10=extremely hard, 11=absolute maximum.

How do I feel? (use this as an opportunity to reflect on the
outcome of your strategy)

This week I was mindful of: