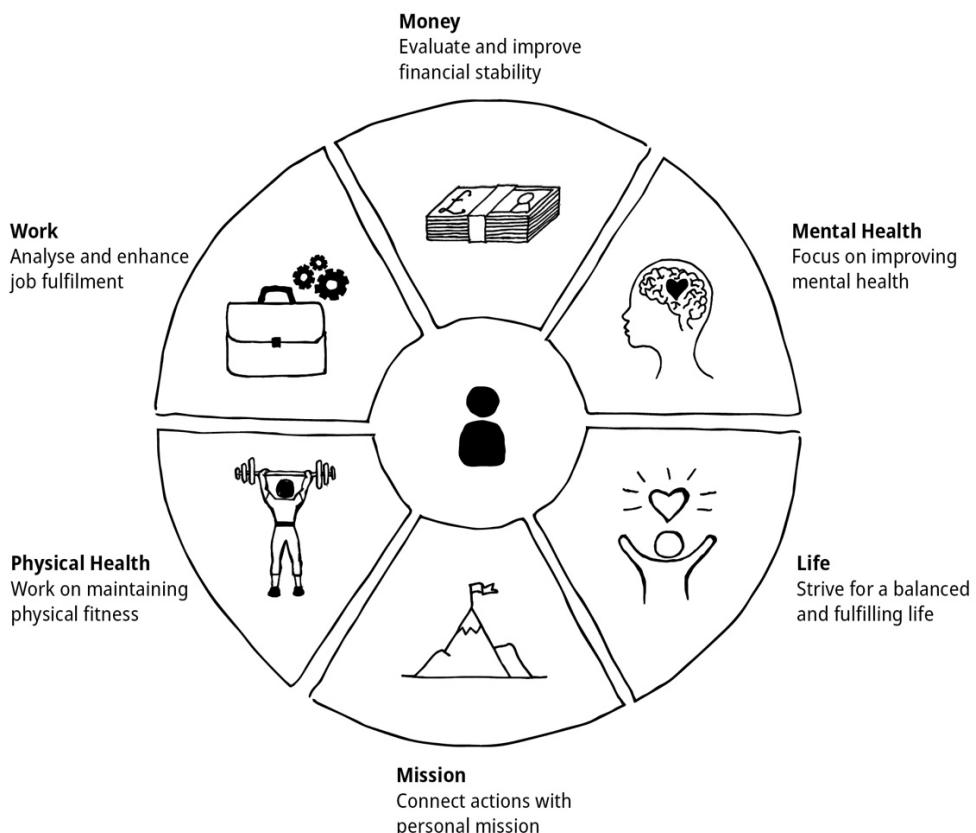


Daily Calibration Practice

PURPOSE: Maintain awareness and make micro-adjustments for optimal balance. Use both morning and evening entries or adapt to one daily check-in depending on your rhythm and capacity.



INSTRUCTIONS: Complete brief morning and evening reviews (maximum 5 minutes for each review). A larger version of the table is provided on the next page for those who would like to add more detail.

Morning Review And Planning	
Energy Level (1-10)	
Top 3 Priorities:	1. 2. 3.
Balance Focus Today:	
Evening Achievement Review	
Progress Made	
Balance Maintained	
Recalibration Needed	
Tomorrow's Preparation	
Key Focus	
Potential Challenges	
Support Required	



Morning Review And Planning	
Energy Level (1-10)	
Top 3 Priorities:	1. 2. 3.
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