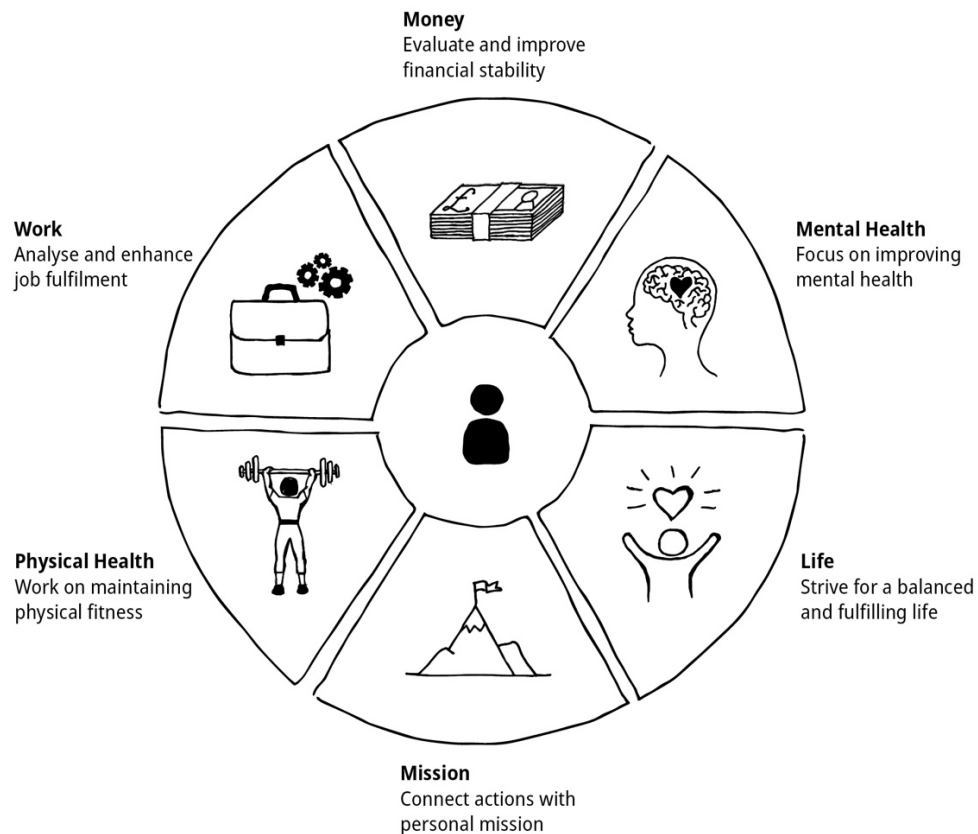


## Daily Calibration Practice

**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	



**BALANCING ACT**  
SARAH BRENNAND

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	