

CASIGY's™ Weekly TNT (Tune-iN Tool) Level II

DATE	What's happening?	How am I feeling right now?	What color are the waves?	Do the waves match?	What do I need here?	What are my limits here?	What can I do here & now?
1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
2	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
3	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
4	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
5	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
4	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
7	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3

ScrapLady Sharon recommends building a habit of taking 5-10 minutes daily to reflect on the last 24 hours. Find a place where you won't be interrupted. Start with: "What's been happening?" and "How am I feeling?" Fill in the blanks above, taking one row daily. If you have questions or would like to share your progress, please email me: Sharon@TherapistForSensitiveAndGifted.com

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