

Tracking Tool

Select one of the 4 categoires every day for the next 21 days. Try to diversify your mind and habits by selecting resources from each category.

	WATCH	LISTEN	READ	NOTICE	REFLECT
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

	WATCH	LISTEN	READ	NOTICE	REFLECT
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
21.					

QUESTIONS/NOTES: