

THE ARCHIVIST METHOD™

DAILY PATTERN TRACKER

Date: _ **Day:** _ / 90 Pattern: ____

ACTIVATION #1

Time: _

Trigger (what happened right before):

Body Sensation (chest tight, stomach drop, etc.):

Automatic Thought:

Behavior: ☐ AUTO (executed pattern) ☐ REWRITE (interrupted successfully)

Notes:

ACTIVATION #2

Time: _

Trigger:

Body Sensation:

Automatic Thought:

Behavior: ☐ AUTO ☐ REWRITE

Notes:

ACTIVATION #3

Time: _

Trigger:

Body Sensation:

Automatic Thought:

Behavior: ☐ AUTO ☐ REWRITE

Notes:

END OF DAY SUMMARY

Total Activations: _

Successful Rewrites: _

Success Rate: _% (Rewrites ÷ Activations × 100)

What I learned today:

What I'll try tomorrow:

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