

DISTRACTIONS

What distracts you from accomplishing your daily tasks?

Keep your journal for three days and make notes of your distractions. You'll be surprised to see what distracts you the most!

1. Any color of pen or pencil can be used.

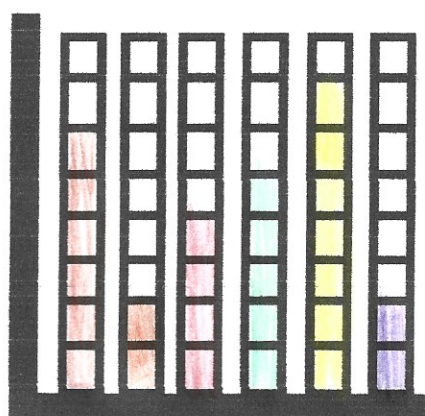
3. For every distraction, color in a box with the distraction.

2. Before you begin, write down the date.

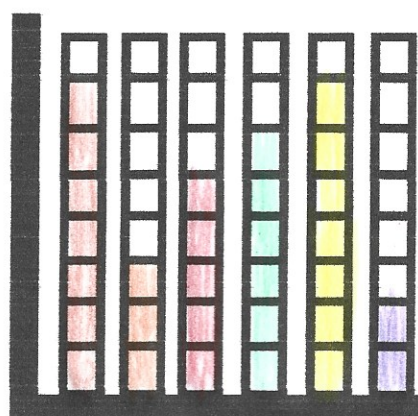
Color Code



Date: 07/01/2025



Date 07/02/2025



Date 07/03/2025

MY WORRIES

What do you worry about, and is this worrying often unnecessary?

For three days, whenever you worry, make a note. Once it's logged, do your best to stop worrying.

Draw your worries. following theses rules.

MONEY

WORK/STUDY

THE WORLD

FRIENDS/ROOMMATES/SIGNIFICANT OTHER

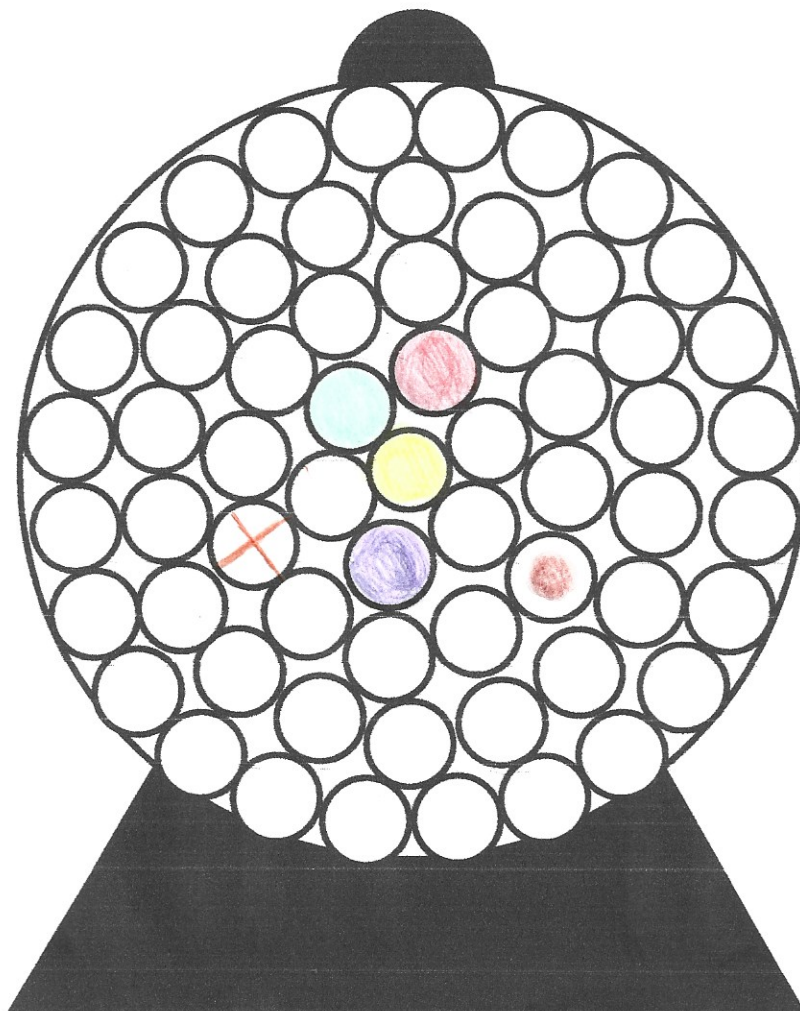
Color Code

-  MONEY
-  WORK/STUDY
-  THE WORLD
-  FRIENDS
-  FAMILY
-  MYSELF
-  OTHER

Patterns

-  Worry won't happen
-  Worry is out of my control
-  Worry isn't my responsibility
-  Worry is in my control, and I can do something about it

1. Each SYMBOL= one worry
2. COLOR= What you're worrying about
3. The symbol's PATTERN= your reflective assessment of the worry
4. Color in the circles with your worries.



Data was taken from _____ to _____

MY CAMERA ROLL

What do you like to take pictures of?

Open the photo album on your phone and/or computer.
Look at your last 20 photos that you took.

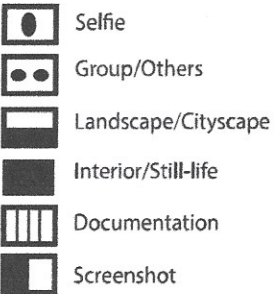
Record your pictures on the following chart!

Each photo is represented by a COLOR and a SYMBOL.

1. COLOR= the location of the photo



2. The SYMBOL= the type of the photo you took



3. Connect multiple photos taken of the same thing.

