

Self-Motivation Thought Record

	Event	Intensity 0-100	Event	Thought
Week	Overcast Days Adverse	1 2 3	Comcast by hand for Weather service at home Get back tomorrow	"Let me be working with people" "There is great need of help" "If you get up at 4:00, I'll be at home"
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

