

**Self-Motivation Thought Record**

	<b>Event</b>	<b>Intensity of EM</b>	<b>Event</b>	<b>Thought</b>
<b>Week</b>	<b>Scenario</b>	<b>1</b>	<b>Completed by deadline</b>	<b>"Let me be working with people"</b>
	<b>Event</b>	<b>2</b>	<b>Wasn't able to finish it before</b>	<b>"There's gonna be a lot of things"</b>
	<b>Scenario</b>	<b>3</b>	<b>Got back tomorrow</b>	<b>"If you get up at 4:00, I'll be at home"</b>
<b>Mon</b>				
<b>Tue</b>				
<b>Wed</b>				
<b>Thu</b>				
<b>Fri</b>				
<b>Sat</b>				
<b>Sun</b>				

