

Self-Motivation Thought Record

	Event	Intensity of DR	Event	Thought
Week	Decreased Sleep Anxiety	1 2 1	Completed by hand for Week 10 and 11 Get back on track	"Let me be working with myself" "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				

