

**Self-Motivation Thought Record**

	<b>Event</b>	<b>Intensity of EM</b>	<b>Event</b>	<b>Thought</b>
<b>Week</b>	Decreased Sleep Anxiety	4 3 4	Completed by 11:00 AM Woke up with aches & pains Got back to work	"Let me try to work on self-motivation" "There is a great deal of help" "If you get up at 6:00, I'll be at home!"
<b>Mon</b>				
<b>Tue</b>				
<b>Wed</b>				
<b>Thu</b>				
<b>Fri</b>				
<b>Sat</b>				
<b>Sun</b>				

