

DAILY ACTIVITIES CONTINUED

Date: / /

This tracker is for you to add whatever you would like to focus on this month. These are daily activities you feel you would benefit from, emotional, physically, spiritually or any other way. I encourage you to add in fun things, not just things that are perceived to help with recovery. Fun is in fact more regulating for our nervous system than many other things we might want to do for our health. Especially if we are feeling stressed/anxious about things we do for our recovery.

I've added a suggestion to the list, but maybe this is not a daily 'task' for you, but you could track how often you do it and see if it's helping you. Consider things you know are helpful for you but you don't always remember to do and plenty of fun things to! PS: Try not to overload yourself!

Focusing?

The form consists of a large circular grid divided into two main sections. On the left, there is a semi-circular list of eight horizontal rows, each preceded by the text 'Focusing?'. To the right of this list is a semi-circular grid of concentric arcs and radial lines, forming a circular shape with a large white center. The grid is composed of 8 concentric rings and 24 radial segments, creating a total of 192 small cells for tracking activities.