Daily Bullet Work Sheet

Date:	Day:	Gratitude:
Emotional work (Y/N)	T	- family, home,
Journaling done (Y/N)	Y	
Tribe man called (Y/N)	N	
Tribe post made (Y/N)	T	
Confidence (1-10)	9	

Confidence building plan: (wins, purpose, celebration, etc) Hosted thanksgiving and am helping w/ clean up

Context for the day: My attitude is gratitude

Behaviors tracking: (triggers, bullets, judgments, feelings, etc)
I woke up tired after my rage pull. Energy came up later in day.

Wins, thoughts, emotions for the day:

Wins → gym, hosting, staying solid as wife was stressed

Emotions → gratitude, tiredness.

Thoughts → I got to my rage so quickly, but I wonder if more will come up