

Daily Bullet Work Sheet

| Date: | Day: | Gratitude: |
|------------------------|------|-------------------------------|
| Emotional work (Y/N) | Y | home, job, daily growth, wife |
| Journaling done (Y/N) | Y | |
| Tribe man called (Y/N) | Y | |
| Tribe post made (Y/N) | Y | |
| Confidence (1-10) | 7 | |

Confidence building plan: (wins, purpose, celebration, etc) gym, posting, texting w/my tribe

Context for the day: I am my wife's safe space.

Behaviors tracking: (triggers, bullets, judgments, feelings, etc)

I felt something when my wife wake up a bit snippy, but I got through that

Wins, thoughts, emotions for the day:

Wins → another load of dishes, gym, got my MD license approved, still sober

Thoughts → I've got to get ready to move again. I need to have a plan

Emotions → gratitude, feeling tired today