Daily Bullet Work Sheet

Date:	Day:	Gratitude:
Emotional work (Y/N)		
Journaling done (Y/N)		
Tribe man called (Y/N)		
Tribe post made (Y/N)		
Confidence (1-10)		
Confidence building plan: (wins, purpose, celebration, etc)		
Context for the day:		
Behaviors tracking: (triggers, bullets, judgments, feelings, etc)		

Wins, thoughts, emotions for the day: