



7 Day Body Ease Diary

To help you track and have an understanding of your progress, fill out the experience you had during, after, maybe compare to the previous day or how you slept that evening. It's entirely up to you. It's about what feels right for you.

Day	How you feel	Changes you have noticed
Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7

My memory catalogue

Write a sentence of a happy memory. This will help for those times you are struggling to recall. Tip - on an index card, you can write down your list and carry them in your purse.

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To help you, below are a list of ways you could feel and possible changes you are experiencing or have experienced. Remember: if what you are experiencing or have experienced is not there, it's okay. These are just here as a guide.

How do you feel?

Happy ♦ Relaxed ♦ Calmer ♦ Joyful ♦ Grateful ♦ Hope ♦ Interest ♦ Serenity Kindness
♦ Pleasant ♦ Cheerful ♦ Confident ♦ Enthusiastic ♦ Satisfaction Enjoyment ♦ Courage
♦ Focused ♦ Love ♦ Optimistic ♦ Anxious ♦ Unfocused Despair ♦ Fear ♦ Anger ♦
Sadness ♦ Anticipation ♦ Envy ♦ Shame ♦ Aggravated Bored ♦ Dissatisfied ♦
Troubled ♦ Stressed ♦ Uncomfortable

Changes you have noticed

- ★ I feel happier
- ★ I am nicer
- ★ I am more aware of how I feel
- ★ I am more aware of my breathing
- ★ I am more aware of how I am with customers
- ★ I feel more relaxed
- ★ I am feeling brighter
- ★ I am feeling hope
- ★ I feel I want to be kinder
- ★ I care more
- ★ I want to help people more
- ★ I love life
- ★ I feel nothing
- ★ I don't want to do this
- ★ I feel resistant about doing this
- ★ I feel stupid doing this
- ★ I don't see the point
- ★ I am struggling to do this
- ★ I feel worse
- ★ I'm scared