**Quest**

**Week 4**

***Track your progress***

If we track our results we can really track and adjust how to stay on track, for our success. An excellent way to do this is to journal both in the morning and the evening.

Spend 5 minutes at the start of your day reminding yourself of who need to be and what actions you need to take to make the changes you need to make.

Spend 5 minutes and the end of the evening reflecting on your performance during the day and make any changes for the following day.

Notice any challenges you may be having and go back to your story and remind yourself of the version of you you really want to “be” each day.

***Work sheet 4***

Create/buy a journal and populate daily at the start and end of your day and ask the questions below.

Right now I feel ...

Today I felt ...

What I'm proud of today...

What could be improved ...

What I'm grateful for today…