

Gaining Ground – Daily Progress Record

Every day of the week, be sure to do something for each category to help promote a balanced lifestyle and recovery. Complete this sheet at the end of each day and complete the review at the end of the week.

Week Starting:					
	Personal health <i>(physical and emotional)</i>	Family and friends <i>(stay connected)</i>	Career and community <i>(be productive)</i>	Home <i>(upkeep – don't veg about)</i>	Self-help <i>(get better!)</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

<p>END OF WEEK REVIEW</p>	<p>Highlight what Emotional Needs are best being met?</p> <p><i>Physical and emotional <u>safety</u></i></p> <p><i>Autonomy and <u>control</u></i></p> <p><i>Free time to reflect and recharge</i></p> <p><i>Wider <u>connections</u></i></p> <p><i>Giving and receiving <u>attention</u></i></p> <p><i><u>Intimacy</u> and friendship</i></p> <p><i><u>Status</u> in society</i></p> <p><i><u>Competence</u> and <u>achievement</u></i></p> <p><i>Aims and <u>ambitions</u> that <u>challenge</u></i></p>	<p>Comment on any noticeable <u>patterns</u> over the past week. What has been <u>positive</u>? Were there any <u>missed opportunities</u>?</p>	<p>Target(s) for next week:</p>
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