

PRIOR BEST=NEW BASELINE

THE WORKSHEET

◀◀ LETS REVIEW THE VIDEO OF YOUR LAST BEST DAY: WHAT WERE YOU DOING?

EATING

MOVING

SLEEPING

OPTIMIZE ▷ ○ BEST DAY	OPTIMIZE ▷ ○ BEST DAY	OPTIMIZE ▷ ○ BEST DAY
NEW BASELINE	NEW BASELINE	NEW BASELINE

FOCUSING

SELF-TALKING

RELATING

OPTIMIZE ▷ ○ BEST DAY	OPTIMIZE ▷ ○ BEST DAY	OPTIMIZE ▷ ○ BEST DAY
NEW BASELINE	NEW BASELINE	NEW BASELINE

WHAT ELSE ?

OPTIMIZE ▷ ○ BEST DAY	OPTIMIZE ▷ ○ BEST DAY	OPTIMIZE ▷ ○ BEST DAY
NEW BASELINE	NEW BASELINE	NEW BASELINE