

Diary of Novice Self-Discipline Adept

(Patterns for Printout)

Remember Your Positive Traits

(Pattern for Chapter 1)

Trait 1: _____

Write something about this trait:

Trait 2: _____

Write something about this trait:

Trait 3: _____

Write something about this trait:

Trait 4: _____

Write something about this trait:

Remember Your Positive Traits

(Pattern for Chapter 1)

Trait 5: _____

Write something about this trait:

Trait 6: _____

Write something about this trait:

Trait 7: _____

Write something about this trait:

Trait 8: _____

Write something about this trait:

To-do List

(Pattern for Chapter 2)

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Start time: _____

End time: _____

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Start time: _____

End time: _____

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Start time: _____

End time: _____

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Start time: _____

End time: _____

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End time: _____

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Start time: _____

End time: _____

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Start time: _____

End time: _____

To-do List

(Pattern for Chapter 2)

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Start time: _____

End time: _____

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Start time: _____

End time: _____

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Start time: _____

End time: _____

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Start time: _____

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Start time: _____

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Start time: _____

End time: _____

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Start time: _____

End time: _____

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Start time: _____

End time: _____

List of Rewards

(Pattern for Chapter 2)

- Watch a movie
- Go to the movies
- Go to your favourite restaurant
- Travel
- Go to the beach
- Buy something you want even if it was expensive
- Dance
- A night out with friends
- Entertain yourself with sweet
- Go to a spa
- Go to a salon

• _____
Write your own reward here

• _____
Write your own reward here

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Write your own reward here

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Write your own reward here

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Write your own reward here

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Write your own reward here

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Write your own reward here

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Write your own reward here

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Write your own reward here

• _____
Write your own reward here

Time Management Log Book

(Pattern for Chapter 4)

Choose and match your level: A = Have to Be Done B = Should Be Done
C = Might Be Done D = Should Get Rid Of

• _____ **A** **B** **C** **D**
Write your task here Level of match

Start time: _____ End time: _____
Write your time to start Write your expected time to finish

• _____ **A** **B** **C** **D**
Write your task here Level of match

Start time: _____ End time: _____
Write your time to start Write your expected time to finish

• _____ **A** **B** **C** **D**
Write your task here Level of match

Start time: _____ End time: _____
Write your time to start Write your expected time to finish

• _____ **A** **B** **C** **D**
Write your task here Level of match

Start time: _____ End time: _____
Write your time to start Write your expected time to finish

• _____ **A** **B** **C** **D**
Write your task here Level of match

Start time: _____ End time: _____
Write your time to start Write your expected time to finish

• _____ **A** **B** **C** **D**
Write your task here Level of match

Start time: _____ End time: _____
Write your time to start Write your expected time to finish

• _____ **A** **B** **C** **D**
Write your task here Level of match

Start time: _____ End time: _____
Write your time to start Write your expected time to finish

Diary of Novice Self-Discipline Adept

Date: _____

Title: _____

Notes: _____

Date: _____

Title: _____

Notes: _____

Date: _____

Title: _____

Notes: _____

Diary of Novice Self-Discipline Adept

Date: _____

Title: _____

Notes: _____

Date: _____

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Notes: _____

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Notes: _____
