



## *“Did I Do It?”* Logsheet

Imagine. Believe. Become.

Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1.																																
2.																																
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9.																																
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11.																																
12.																																

Instructions: List activities you would like to perform on a consistent basis. Be specific to ensure you will know whether or not you’ve accomplished the task. For each day of the month, place a check mark in the box if you did perform that task on that day. At the end of the day, week, and month, you will be able to see whether your actions are consistent with your best intentions.