

Trigger Tracker

Use this spreadsheet for 1 month to see how external expectations are impacting your life.

	Indecisive	Depressed	Angry	Vice of the Day	Sleeping Habits (awake & asleep)		
1	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
2	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
3	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
4	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
5	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
6	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
7	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
8	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
9	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
10	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
11	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
12	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
13	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
14	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
15	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
16	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
17	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
18	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
19	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
20	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
21	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
22	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
23	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
24	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
25	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
26	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
27	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
28	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
29	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
30	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:
31	Yes/No	Yes/No	Yes/No		am:	pm:	Total hrs:

Reflection

Sleep- How many hours on avg. did you sleep everyday?

Vice of the Day - What Vice was the most dominate this month? Think about ways to slow down in this area.

List in order from highest to lowest the amount of days you were occupied by these triggers:

Indecisiveness

Depression

Anger