

NowMattersNow.org Diary Card

Choose one skill for each day. It's okay to do more than one a day, but starting small can be useful.	Opposite Action (OA)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Notice Urge: _____ Stress: __/5							
	Opposite Ideas: _____							
	Act opposite with attention, body, behavior, thoughts, voice tone. Degree: __/5							
	Act opposite *all the way* for at least 3 mins. Stress After: __/5							
	Note what might have happened without OA or watched NMN OA video.							
	Paced Breathing (PB)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Notice Urge: _____ Stress: __/5							
	Make Exhale longer than Inhale by 1 or more beats. My Count: __/ __							
	Paced Breathing *all the way* for at least 3 mins Stress After: __/5							
	Note what might have happened without PB or watch NMN PB video.							
	Mindfulness (MF)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Notice Thoughts: _____ Stress: __/5							
	Ask "Is what I'm paying attention useful?"							
	Choose to pay attention to what is useful. Degree: __/5							
	Choose what to pay attention to for at least 3 mins. Stress After: __/5							
	Note what might have happened without MF or watch NMN MF video.							
	Mindfulness of Current Emotion (MCE)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Noticed Urge: _____ Stress: __/5							
	Scan core body for sensations: _____							
Chose one to be mindful of one: _____								
Inattentive of thoughts (worries, judgements, etc.) for 1 min... Degree: __/5								
While also attentive of one sensation. Stress After: __/5								
Note what might have happened without MCE or watch NMN MCE video.								
On Fire Steps (Stop, Drop, Roll)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Stop Reminder/Action: Stop! Wait to act in extreme time of stress.								
Stop Practice: _____								
Drop Reminder/Action: Drop your stress with cold or sleep. Reset your physiology.								
Drop Practice: : _____								
Roll Reminder/Action: Roll away painful thoughts. Find others, look in their eyes.								
Roll Practice: Sent caring message(s): _____								

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Choose one skill for each day. It's okay to do more than one a day, but starting small can be useful.	Opposite Action (OA)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	Notice Urge: <i>stay in bed, not answer phone, avoid work email</i>		5					5	
	Opposite Ideas: <i>turn on dance music, sit up in bed, walk to shower, feel water on skin.</i>		x					x	
	Act opposite with attention, body, behavior, thoughts, voice tone.		4					4	
	Act opposite <i>*all the way*</i> for at least 3 mins.		5					3	
	Note what might have happened without OA or watch NMN OA video.		x					x	
	Paced Breathing (PB)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Notice Urge: <i>Call my ex. Go out and drink. Avoid feeling alone.</i>	4								
Make Exhale longer than Inhale by 1 or more beats.	3/5								
Paced Breathing <i>*all the way*</i> for at least 3 mins.	3								
Note what might have happened without PB or watch NMN PB video.	x								
Mindfulness (MF)	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Notice Thoughts: <i>I hate my life. What is wrong with me? I can't handle this.</i>				5					
Ask "Is what I'm paying attention useful?"				x					
Choose to pay attention to what was useful without judgment.				3					
Choose what to pay attention to for at least 3 mins. <i>Ask about friend's life & fully listen.</i>				4					
Note what might have happened without MF or watched NMN MF video.				x					
Mindfulness of Current Emotion (MCE)	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Notice Urge: <i>Scream in a meeting at work :)</i>			5						
Scan core body for sensations: <i>Cold on my back, spidery feelings on shoulders, sinking stomach</i>			x						
Choose one to be mindful of one: <i>Cold sensation in center of back, about 10 inch across circle</i>			x						
Inattentive of thoughts (worries, judgements, etc.) for 1 min...			3						
While also attentive of one sensation.			3						
Note what might have happened without MCE or watch NMN MCE video.			x						
On Fire Steps (Stop, Drop, Roll)	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Stop Reminder/Action: <i>Stop! Wait to act in extreme time of stress. Traffic accident Sun.</i>			R		R		A		
Stop Practice: <i>Waited 10 mins to respond to frustrating text from daughter</i>			x		x		--		
Drop Reminder/Action: <i>Drop your stress with cold. Reset your physiology. Cold water.</i>			R		R		5 min		
Drop Practice: <i>Drank glass of very cold water Wed. Used Ice-Pack on back of neck Fri.</i>			x		x		--		
Roll Reminder/Action: <i>Video messaged wife once away from physical danger Sun</i>			x		x		A		
Roll Practice: <i>Sent caring message(s): Daughter, wife.</i>	x		x		x		--		

For OA: I'm thinking about how to do at work. Not sure yet.

For MF It was hard to let go of judgment. I gave myself a 3/5 because I did it half the way.