

LIFE WORTH LIVING BANK STATEMENT

DEPOSITS (Want high numbers here)

<b>Rate (1-10)</b> How well you did you do the following each day (1-not at all, 10 – excellent)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pleasant / Meaningful Activities							
Balanced Eating							
Balanced Sleep							
Physical Exercise							
Self Soothing (healthy ways to calm self)							
Improving the moment (Defusion or Mindfulness strategies)							
Healthy Tribe Time (connected with or helped others)							
Practiced Mindfulness (or being Present in the moment)							

Total/ day:

WITHDRAWALS (Want low numbers on this one)

<b>Rate (1-10)</b> How much you did you do the following each day (1-not at all, 10 – lots)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Did Nothing all day or No Meaningful Activities							
Obsessed or Ruminated							
Avoided or Isolated							
Listened to Excuses (Gave up, Didn't try, Delayed, focused on "too stressed" or overwhelmed, on what if's, Minimized, Detached etc)							
Used Alcohol or Drugs							
Poor Eating (too little or much, unhealthy choices)							
Poor Sleep (too little or much)							
No Physical Exercise							

Total/ day:

**What was your Total /day = Deposits- Withdrawals**

*If you ended up in the negatives (less deposits than withdrawals),  
how is that working for you and what do you want to do about it?*

*We can't be well if we are not doing things that keep us well!*