

Date:

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M T W TH F SA SU

# [ Challenge: Daily Scan ]

*"An unexamined life is not worth living."* – SOCRATES

## ► CONSIDERATIONS:

Do you ever stop to consider where you're going or where you've been? Imagine you're on a trip and you haven't seriously thought about your destination, duration, or directions. That trip would be a wild one, as you would literally be all over the place. Our days are a journey filled with many distractions, interruptions, achievements, and inspirations. Do we stop to consider what's working well—and what's not?

## ► INSTRUCTIONS:

The point of the challenge is to stop to reflect and plan. The reason why it's essential is that it helps us adjust, celebrate, and anticipate. Imagine how much more enjoyable a journey would be if you stopped daily to see your progress and plot the path forward.

- ▶ Take a notebook for a few minutes to scan yesterday, today, and tomorrow.
- ▶ Write down what went well, what you're doing now, and what's to come.
- ▶ Use that quiet time to look back and look forward.
- ▶ Consider positivity and gratitude as a lens to scan in both directions (i.e., I'm happy that...I'm looking forward to...etc.).



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# [ Challenge: Daily Scan ]

## ► FOR REFLECTION:

**Q:** *Can you describe how the challenge felt in a few words?*

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**Q:** *What was difficult about it?*

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**Q:** *What was rewarding about it?*

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**Q:** *When can you imagine scheduling time every day for your "daily scan"?*

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