

Living Better Daily Scorecard

Date	MON	TUES	WED	THURS	FRI	SAT	SUN
Attitude & Mindset							
Pleasant/Kind	7	8	8	8	9	8	8
Good Mindset/Calm	7	8	8	8	9	8	7
Caring/Loving	7	8	7	7	8	7	8
Patient	8	9	9	7	8	7	7
Listening/Engaged	8	10	10	10	10	7	7
Helpful/Supportive	8	7	7	9	10	7	7
Understanding	6	8	8	8	9	7	8
Positive Speech	6	9	9	8	9	7	8
Positive Interactions	6	8	8	7	8	9	8
Optimistic/Confident	8	8	8	8	8	8	8
TOTAL-ATT & MIND	71	83	82	80	88	75	76
Daily Activities							
Focused while working	9	8	7	9	8	7	6
Disciplined	7	7	7	8	8	7	7
Productive	7	7	7	5	5	6	6
Accomplished Tasks	8	9	9	8	8	9	9
Unplugged/Relaxed	0	10	0	0	10	10	10
TOTAL-DAILY ACT.	31	41	30	30	39	39	38
Weekly Total	248						

Date	MON	TUES	WED	THURS	FRI	SAT	SUN
Attitude & Mindset							
Pleasant/Kind	7	8	8	8	9	8	8
Good Mindset/Calm	7	8	8	8	9	8	7
Caring/Loving	7	8	7	7	8	7	8
Patient	9	9	9	7	8	7	7
Listening/Engaged	10	10	10	10	10	7	7
Helpful/Supportive	5	7	7	9	10	7	7
Understanding	6	8	8	8	9	7	8
Positive Speech	7	9	9	8	9	7	8
Positive Interactions	7	8	8	7	8	9	8
Optimistic/Confident	6	7	7	7	5	5	5
TOTAL-ATT & MIND	71	82	81	79	85	72	73
Daily Activities							
Focused while working	3	3	5	7	7	7	7
Disciplined	7	6	7	6	7	6	7
Productive	5	5	5	5	6	7	8
Accomplished Tasks	5	7	7	6	8	9	8
Unplugged/Relaxed	1	2	1	1	1	1	9
TOTAL-DAILY ACT.	21	23	25	25	29	30	39
Weekly Total	192						

Living Better Daily Scorecard

Date	MON	TUES	WED	THURS	FRI	SAT	SUN
Attitude & Mindset							
Pleasant/Kind							
Good Mindset/Calm							
Caring/Loving							
Patient							
Listening/Engaged							
Helpful/Supportive							
Understanding							
Positive Speech							
Positive Interactions							
Optimistic/Confident							
TOTAL-ATT & MIND							
Daily Activities							
Focused while working							
Disciplined							
Productive							
Accomplished Tasks							
Unplugged/Relaxed							
TOTAL-DAILY ACT.							
Weekly Total							

Date	MON	TUES	WED	THURS	FRI	SAT	SUN
Attitude & Mindset							
Pleasant/Kind							
Good Mindset/Calm							
Caring/Loving							
Patient							
Listening/Engaged							
Helpful/Supportive							
Understanding							
Positive Speech							
Positive Interactions							
Optimistic/Confident							
TOTAL-ATT & MIND							
Daily Activities							
Focused while working							
Disciplined							
Productive							
Accomplished Tasks							
Unplugged/Relaxed							
TOTAL-DAILY ACT.							
Weekly Total							