## SELF-SCHEMA CHECK-IN LOG

*for the week of* _____

| | |
|---|---|
| Enter here two different cues (e.g., beepers, meal times, etc.) that you will use to remind you to stop three times a day | _____ <br> _____ |

*STOP THREE TIMES EACH DAY. Become aware of the self-schema that was most recently active. Give it a descriptive name, and enter it in the box. Then rate the extent to which you were able to experience and express your Spiritual nature while that self-schema was active.*

| Morning | Afternoon | Evening |
|---|---|---|
| **SUNDAY** | | |
| Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ |
| Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ |
| **MONDAY** | | |
| Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ |
| Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ |
| **TUESDAY** | | |
| Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ |
| Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ |
| **WEDNESDAY** | | |
| Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ |
| Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ |
| **THURSDAY** | | |
| Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ |
| Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ |
| **FRIDAY** | | |
| Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ |
| Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ |
| **SATURDAY** | | |
| Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ | Enter active Self-Schema here <br> _____ |
| Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ | Rate extent Spiritual nature <br> experienced 0% ▼ / expressed 0% ▼ |
| [ clear entries ] | | |