

MY DAILY Checkin

S M T W T F S



DATE:

Current Area of Need or Want

1. Food Clothes Shelter
2. Useful & Beneficial Education & Religion
3. Rewarding Work & Community
4. Committed Intimate Companionship
5. New Paths for Progress & Experiences

Ego Threat or Pain Level

- The threat or pain of being found or seen as:
- Dumb or Stupid
 - Lame or Ugly
 - Unlovable or Unworthy
 - Cursed or a Loser

Evolutionary Level of Awareness Alignment

- **RIDICULED & PRESSURED**
 - THE PAIN OF BEING FOUND "NOT ENOUGH" OF SOMETHING
- **ANGRY & DENIED**
 - THE PAIN OF BEING OPPRESSED OR DENIED AN EXPERIENCE
- **YEARNING & DESIRE**
 - THE PAIN OF LONGING TO GET WHAT YOU WANT AND AVOID WHAT YOU DON'T WANT.
- **WORRIED & ANXIOUS**
 - THE PAIN OF NOT KNOWING FOR SURE OR FOR CERTAIN WHAT YOU NEED TO KNOW, BE, OR DO TO GET WHAT YOU WANT AND AVOID WHAT YOU DON'T WANT.

- **SAD & SORROWFUL**
 - THE PAIN OF NO LONGER BEING IN POSSESSION OF A VALUED EXPERIENCE
- **HOPELESSNESS & DEFEATED**
 - THE PAIN OF BEING FORCED TO ENDURE A PAINFUL AND MISERABLE FORESEEABLE FUTURE
- **GUILTY & DEFENSIVE**
 - THE PAIN OF FEELING UGLY & DISGUSTED OVER A PERSONAL ACTION OR CHOICE IN THE PAST
- **HUMILATED & MISERABLE**
 - THE PAIN OF FEELING PUNISHED OR FORCED TO SUFFER JUST BECAUSE OF WHO YOU ARE. .

- **Courageous & Explorative**
 - A place of being complete with the past, content in the present and hopeful for the future.