Thrive Diary - Environment

Each day, mark the working mode you're in, note the environment you're in, and how it is making you feel for the task at hand.

Date

Score (+/-)

	Mode	Environment
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		

