



**Have You
Recorded
Pain Points
Yet?**

TIPS & TRICKS

- START WRITING DOWN SITUATIONS THAT MADE YOU HAPPY OR SAD IN THE COURSE OF THE DAY
- WRITE THE FIRST IDEAS THAT COME TO MIND
- AFTER WRITING DOWN SITUATIONS, PLACE THEM CHRONOLOGICALLY AND BY EMOTION IN THE DIAGRAM ON TOP
- FINISH BY SUMMARIZING THE DAY IN ONE SENTENCE
- USE A POST-IT OR THE STICKER TO REMIND YOURSELF OF FILLING OUT THE JOURNAL
- IF YOU NEED MORE SPACE USE THE BACKSIDE
- DON'T WRITE PEOPLES NAMES
- KEEP IT SHORT AND SIMPLE
- TIMEBOX JOURNALING TO APPROX. 5MIN

DATE _____

NAME _____

HOW WAS YOUR DAY?




DESCRIBE 2-3 SITUATIONS (HIGHLIGHTS AND PAIN-POINTS)

1

2

3

PLACE THE SITUATIONS BY TIME AND EMOTION

													
													
													
TIME													

MY SPRINT IN ONE SENTENCE

DATE _____

NAME _____

HOW WAS YOUR DAY?

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