Worksheet 5: The Nightly Six

Use on: every night from Day 8, and after the program **Time:** 3 min **Mechanic:** score **You'll need:** a pen (print one sheet per week)

Why this exists: Gritting your teeth won't carry you. An honest look at your own effort every night will, especially once one person sees it each week. You score effort, because effort is the part you control. Results follow.

Every question starts the same way: **"Today, did I do my best to..."** Score each one from 1 (not at all) to 10 (completely).

Today, did I do my best to...	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. ...meet each urge with the Witness instead of the fight?							
2. ...keep it light?							
3. ...be fully there for what was in front of me?							
4. ...connect with a real person?							
5. ...take one step toward who I'm becoming?							
6. ...live as someone free, instead of someone "trying to quit"?							
Average							

How to score

- Score the effort, never the outcome. A hard day with real effort is an 8. An easy day you coasted through is a 4.
- Low scores in the first week are honesty. They aren't failure.
- None of the questions asks whether you watched porn, and that's on purpose. You're measuring the life you're building. You're not counting the thing you left.
- From Day 27, send your weekly averages to your one person every Sunday.

The Line I'm Keeping (this week)