

# EVENING REWIRE

**What happened today  
that I'm excited about?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**How is this going to prevent you  
from accomplishing your goals?**

- |    |       |    |       |    |       |    |       |    |       |
|----|-------|----|-------|----|-------|----|-------|----|-------|
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |

**What happened today  
that challenged you?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**How is this going to help you get your goals  
accomplished?**

- |    |       |    |       |    |       |    |       |    |       |
|----|-------|----|-------|----|-------|----|-------|----|-------|
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ | 4. | _____ | 5. | _____ |

**Who are 3 people today that  
aggravated/frustrated you?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**How is this going to help you get your goals  
accomplished?**

- |    |       |    |       |    |       |
|----|-------|----|-------|----|-------|
| 1. | _____ | 2. | _____ | 3. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ |
| 1. | _____ | 2. | _____ | 3. | _____ |