Six questions. Honest answers.

No goal or promise to change is needed. Begin with six honest answers about your effort, not a judgement of your worth. Notes and a Microgoal are optional.

Since I last scored myself...

Use the interval since your previous check-in. You can answer more than once a day; do not score the whole day again each time.

Did I do my best to...

1. be happy? ☐
2. find meaning in life? ☐
3. be fully engaged? ☐
4. build positive relationships? ☐
5. set clear goals? ☐
6. make progress towards goal achievement? ☐

Score 0-10. 0 means no effort; 10 means your best reasonable effort in your actual circumstances. An honest low score still completes the exercise. There is no pass mark.

One optional Microgoal

One press-up, one sentence, one item put away or one verse read. At first, do only that and stop. Keep it tiny for as long as useful: you are building the habit and confidence, not the quantity.

Free online questions, graphs and history: teloshealth.co.uk/my-daily-questions/

Your check-in record

One row per check-in. Use the question numbers on page one. Date and time help keep the intervals clear. This sheet is reusable; free access does not end after seven entries.

Date / time	Q1	Q2	Q3	Q4	Q5	Q6

Optional: what was happening around these check-ins?

A short note can help you recognise a trigger when scores change. You can leave this blank.

Optional: my tiny action and its cue

After / when _____ I will _____. Then I stop.

Want a prompt? Explore optional accountability. Explore the course Read the books