

## My suggested journaling method

Building a daily journaling habit is a great way to keep track of how your Rescue is going and it allows you to spot useful trends or patterns.

My suggested method is very simple and quick to do - meaning you're more likely to do it - and stick to it daily! It also captures a week's activity in a very concise and clear way, allowing you to easily compare how you've been from one week to the next.

Finally, you'll be able to spot when your baseline is going well enough that it's time to think about experimenting with increasing your activity a little.

Sound good? Here's how to do it!

- Choose 5 - 10 areas that you want to track every day - these must be personal to you, and your situation. I recommend a mix of areas relating to:
  - Your primary symptoms
  - Your key trigger points (things that when you don't give them focus, can cause you to overdo it or feel worse)
- Examples include:
  - How well did I sleep last night?
  - How positive do I feel today?
  - How energised do I feel today?
  - How healthily did I eat today?
  - How pleased am I with the way I've paced myself today?
  - How well did work go today?
- As you'll spot, each of these is worded in the positive - this is very important!
- Next, pick a numerical scale - I like 1 to 10, as it gives plenty of room for nuance
- Each day, at least once a day (twice if possible) I'd like you to reflect on each area in turn and give it a score - 10 being the best you could possibly feel with regard to that topic, 1 being the opposite
- And that's it! I told you it was simple.
- Please feel free to also add verbatim comments about how you've felt and what you've done each day - that's always a great thing to do. But as a minimum, please do the daily ratings.
- See the Unit 1 folder for a suggested template with examples included.

Important tips:

- Try to track twice a day if possible, many of your scores could change between rating at the middle or end of the day. So, try and capture both!
- You can either use the template in the Unit, or simply draw a table in a notebook and use old fashioned pen and paper
- Each time you carry out your ratings, read each heading out in full before adding your score - this really helps to reinforce the positive intention
- Don't beat yourself up if you forget one day - just draw a line under it and try and stick to it from then on.

**Do be prepared for it to take a while to build this into a regular habit - you have to do it for long enough for it to benefit you, and until you feel that benefit you'll be relying on discipline.**

**But believe me, this information will become hugely helpful as you continue your fatigue rescue so please try and build that disciplined habit. The sooner you start, the sooner you'll have valuable data to use!**