# THE WARRIOR AWARENESS AND ACCOUNTABILITY LOG

## A Resource for Veterans

Veterans who return from deployment or transition out of the military who then attempt to reintegrate with civilian life often face obstacles that seem insurmountable. We struggle with many things: a loss of a sense of purpose, uncertainty about our future, the intrusive memories that come from our experiences. Far too often, our inability to cope with these struggles leads to substance addiction, socially unacceptable behavior, and potentially even death. Many times, these struggles can be handled on our own; many times, they cannot. This resource was developed to assist the veteran to place some organization in their lives, help them to identify what is right or wrong with their world on any given day, and learn about some skills that will be helpful to them in their recovery.

This resource can be used as an addition or supplement to mental health counseling, but it should never be used in place of mental health counseling. The surest way to ease the burden of the struggles that we face is to share that burden with someone else who is able to support us in our recovery. The sacrifices that we gladly gave during our time in service often caused us to focus on others at the expense of ourselves; this is the time for us to take a knee, drink some water, and focus on our own recovery, so that we can then stand up and help out the buddies on our left and right.

#### You are not alone.

One of the ways that we ensure mission success is to establish specific communication resources. In the Army's Operation Order process, this communication is called the PACE plan: the Primary, Alternate, Contingency, and Emergency methods of communication. Use the space provided below to establish your own personal PACE plan to execute in case of a crisis situation:

NAME	PHONE NUMBER	DESCRIPTION
Ρ		A trusted friend, family member, or significant other that you know will pick up the phone when you call
A		A trusted therapist, mentor, or other trained professional that receives messages and can be counted on to return a call in a crisis situation
С		A trusted member of the community that you have some responsibility to report to, such as a supervisor or probation officer
E		A contact that you can be certain who will speak to you, such as the VA crisis line or emergency dispatcher

This resource in it's current form is intended solely for the use of those to whom it is specifically provided through the www.veteranmentalhealth.com website

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#### **MONTHLY PLAN AND AWARENESS**

USE THESE NEXT TWO PAGES TO LAY OUT YOUR PLAN FOR THE MONTH. WRITE IN THE MONTH AND YEAR, AND COPY DOWN THE DAYS FROM A CALENDAR. THEN WRITE WHATEVER YOU WANT IN THE DATE BLOCKS: UPCOMING APPOINTMENTS, SPECIFIC DAYS YOU WANT TO REMEMBER. ANOTHER WAY TO USE THIS SPACE IS TO SET DEADLINES, SUCH AS "GET XYZ DONE BY THIS DATE".

THERE THREE SPECIFIC SECTIONS IN WHICH YOU CAN SPEND SOME TIME CONSIDERING THE FUTURE, THINKING ABOUT HOW YOU FEEL ABOUT WHAT IS GOING ON NOW, AND LOOKING AT THE PAST.

**LOOKING FORWARD:** 

WHERE DO I SEE MYSELF THIS TIME NEXT YEAR? TAKE SOME TIME TO CONSIDER HOW YOU WANT THINGS TO BE DURING THIS MONTH, NEXT YEAR. WILL YOU STILL BE LIVING IN THE SAME PLACE, WORKING AT THE SAME JOB?

WHAT IS ONE GOAL I WANT TO ACCOMPLISH THIS MONTH? MAKE SURE THE GOAL IS SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, AND HAS A SPECIFIC TIME FRAME THAT IT MUST BE COMPLETED IN.

LOOKING AT NOW:

HOW SATISFIED AM I WITH HOW MY LIFE IS RIGHT NOW? IN A GENERAL SENSE, AM I SATISFIED WITH HOW THINGS ARE GOING?

WHAT IS THE REASON FOR THIS RATING OF SATISFACTION? WHY DO I THINK THAT THINGS ARE GOING WELL...OR NOT SO WELL?

LOOKING BACK:

WHERE WAS I THIS TIME LAST YEAR? WAS I LIVING IN A DIFFERENT PLACE, WORKING IN A DIFFERENT JOB, HANGING OUT WITH DIFFERENT PEOPLE? OR IS LIFE PRETTY MUCH THE SAME? WAS WHAT I WAS DOING BETTER THAN WHAT I AM DOING NOW, OR WORSE?

WHAT SIGNIFICANT THINGS HAPPENED IN MY LIFE DURING THIS MONTH? DID I DEPLOY, JOIN THE MILITARY, GET MARRIED (OR DIVORCED)? POSITIVE OR NEGATIVE, DID SOMETHING HAPPEN IN PAST YEARS DURING THIS MONTH TO CHANGE MY LIFE?

WHAT WAS THE GOAL THAT I SET FOR MYSELF LAST MONTH? DID I GET IT DONE, MOSTLY DONE, TOTALLY FORGET ABOUT IT?

#### LOOKING

#### WHERE DO I SEE MYSELF THIS TIME NEXT YEAR?

# MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			-
	WHERE WAS I THI	S TIME LAST YEAR?	
			LOOKIN

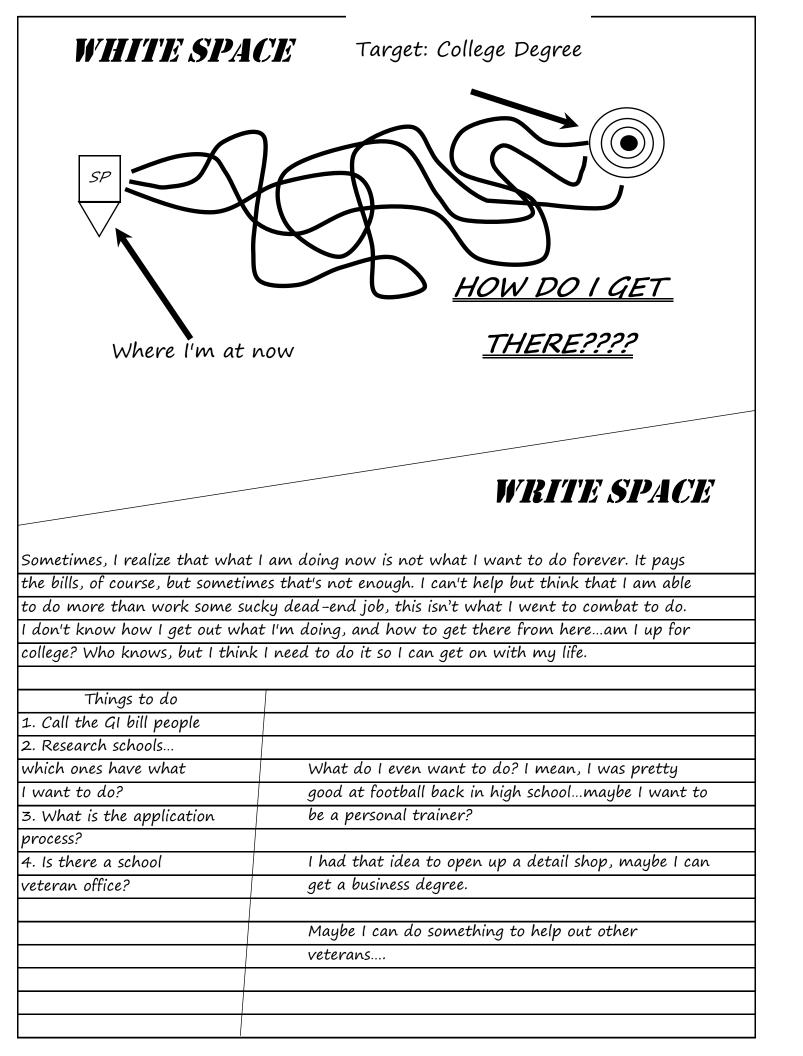
### FORWARD

WHAT IS ONE GOAL I WANT TO ACCOMPLISH THIS MONTH?

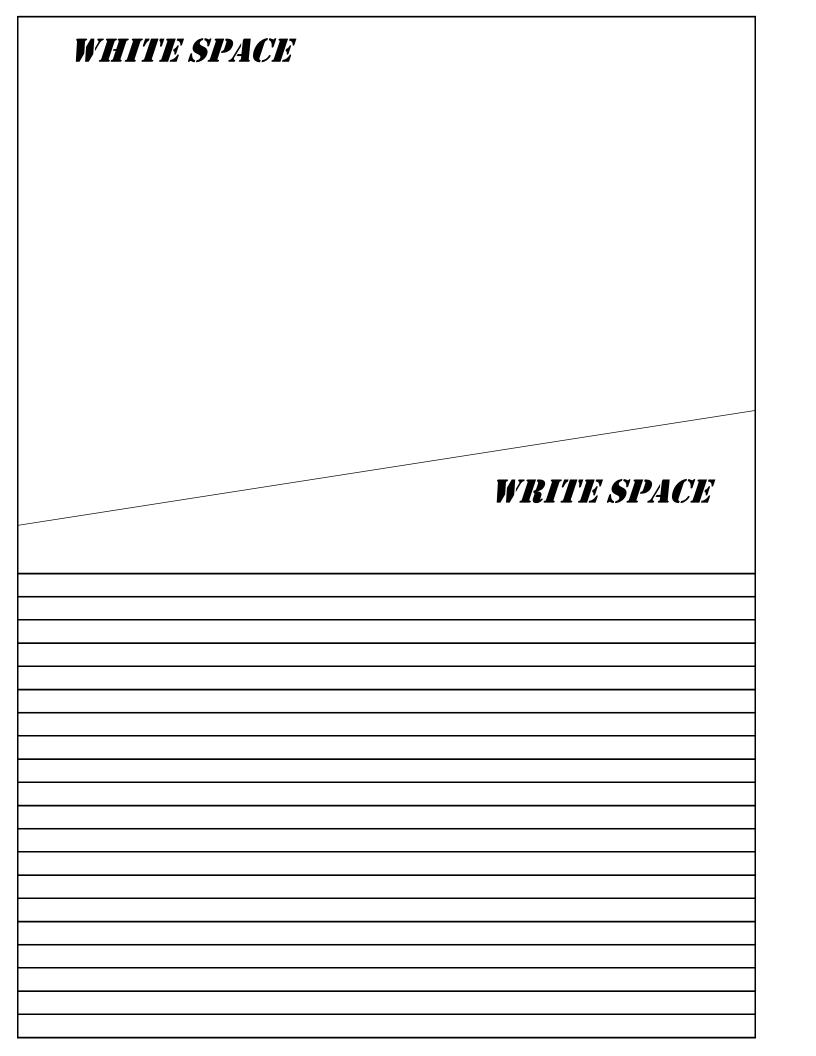
YEAR:	LOOKING A NOW	T		
THURSDAY	FRIDAY	SATURDAY	HOW SATISFIED AM I V HOW MY LIFE IS RIG NOW?	
			TOTALLY DISSATISFIED	1
			SOMEWHAT DISSATISFIED	2
			NEITHER SATISFIED NOR DISSATISFIED	3
			– PARTIALLY SATISFIED	4
			COMPLETELY SATISFIED	5
			WHAT IS THE REASON THIS RATING OF SATISFACTION?	FOR
			-	
WHAT SIGNIFICANT THIN IN THIS	GS HAPPENED IN MY LIFE MONTH?	WHAT WAS A GOAL THAT LAST MONTH? I	' I WANTED TO ACCOMP DID I GET IT DONE?	LISH
BACK				

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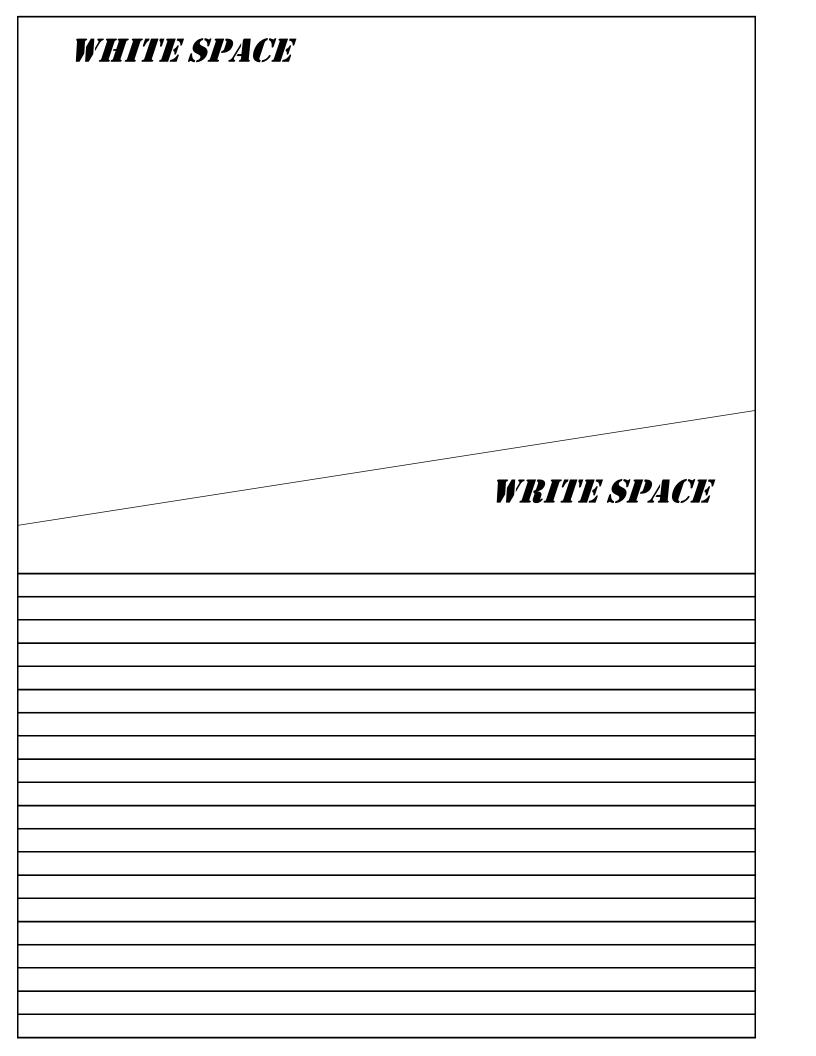
	Tuesday	1 25	5	Nov	2015	CONCEPT OF THE DAY
	DAY	DAT		MONTH	YEAR	
	5:00 AM		ke U	р		
PLANS ARE	5:30 AM Shower 6:00 AM Ate breakfast,					"EMOTIONAL REASONING"
	6:00 AM	-		-		THINKING TRAP. THIS
NOTHING;	6:30 AM			d news		HAPPENS WHEN WE
PLANNING IS	7:00 AM	- Ira	ivel t	o work		FALSELY IDENTIFY A SITUATION AS POSITIVE
EVERYTHING -	7:30 AM			alle marca		OR NEGATIVE BASED ON
	8:00 AM	Ph	ne c	alls, messad	jes	OUR OWN EMOTIONS,
DWIGHT D.	8:30 AM	/ Pico	duct	ion meetin	2	RATHER THAN ON THE
EISENHOWER	9:00 AM	Fro	ματι	ION MEELING	1	FACTS OF THE SITUATION
	9:30 AM 10:00 AM					THEMSELVES. THIS
	10:00 AM /	Clie	nt n	neeting		HAPPENS WHEN WE
	10:30 AM 11:00 AM			leeting		THINK SOMETHING
	11:00 AM					WENT WELL" JUST BECAUSE WE FEEL GOOD
HOW DOES THIS QUOTE	11:30 AM	Lur	nch			THAT IT'S OVER, OR THA
APPLY TO MY LIFE	12:30 PM					A SITUATION "SUCKED"
TODAY?	1:00 PM					BECAUSE WE ARE
	1:30 PM					NERVOUS ABOUT THE
	2:00 PM					POTENTIAL OUTCOME
	2:30 PM	Pro	duct	•		1
Just doina	3:00 PM	Dev	relop	ment		
	3:30 PM					THOUGHTS ABOUT THE
Just doing something is not enough, l	4:00 PM					CONCEPT OF THE DAY:
2011.001.11.09 12	4:30 PM	Tra	ivel t	o Group		1
not enough 1	5:00 PM	Safe Haven		I find myself		
noc onough, i	5:30 PM	AA	Gro	ир		
need to know	6:00 PM	Tra	ivel b	nome		doing this
πεεά το κπονν	6:30 PM	Cook Dinner				
what I want	7:00 PM	Eat	: Din	ner,		pretty often,
what I want	7:30 PM	Wa	tch 7	ΓV		
and have back	8:00 PM	1				especially when
and how I get	8:30 PM	Pla	у Са	ll of Duty		especially when
	9:00 PM					I'm already in
there	9:30 PM					
	10:00 PM	$\int$				a bad mood
	10:30 PM	Slee	ер			a baa mooa
	11:00 PM					
WHAT WENT RIGHT I				WHAT	VENT WRONG	IN THE WORLD TODAY?
My boss really suppor				, ,	11 0	
levelop a new product i	ine, i teel pr	retty		l got	really tru.	strated at work
ood about it	4			6		inter a the deale for
I was able to get that	t new weapo	n mod		because	i naa to p	ick up the slack for
hat I was trying for				one of n	ny co-wor	kersI didn't go ofi
It felt good that I wa	s able to kee	p from			on him,	-



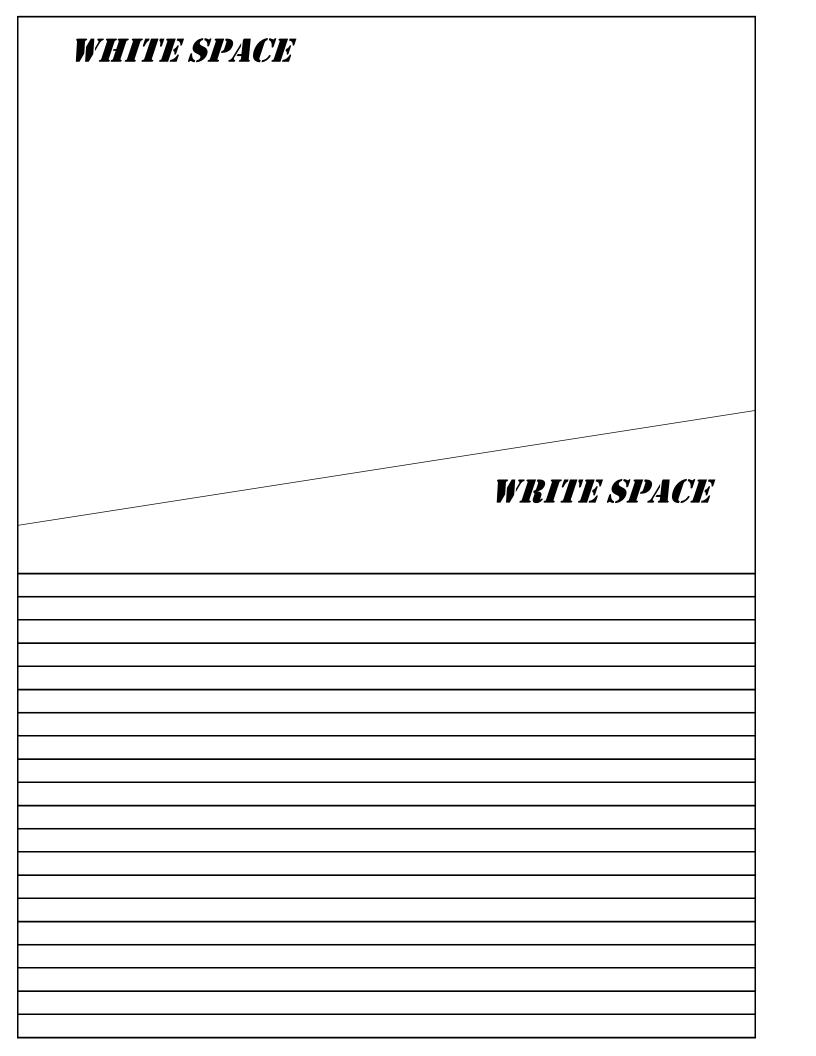
					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	
"IF YOU CRY	5:00 AM				"MALADAPTIVE
'FORWARD' YOU	5:30 AM				BEHAVIOR"
	6:00 AM				REFERS TO AN
MUST WITHOUT	6:30 AM				INDIVIDUAL'S
FAIL MAKE	7:00 AM				UNSUCCESSFUL
	7:30 AM				ATTEMPTS TO COPE
PLAIN IN WHAT	8:00 AM				WITHIN A GIVEN
DIRECTION TO	8:30 AM				ENVIRONMENT.
<i>G0" -</i>	9:00 AM				BEHAVIOR IS
	9:30 AM				MALADAPTIVE WHEN
ANTON CHEKOV	10:00 AM				- THE CONSEQUENCES O
	10:30 AM				THE BEHAVIOR ARE
	11:00 AM				HARMFUL TO
	11:30 AM				OURSELVES OR
HOW DOES THIS QUOTE	12:00 PM				- OTHERS. THESE
APPLY TO MY LIFE	12:30 PM				- COPING TECHNIQUES
TODAY?	1:00 PM				
	1:30 PM				ARE OFTEN ATTEMPTS
	2:00 PM				TO AVOID THE ACTUAL
	2:30 PM				PROBLEMS AT HAND.
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				_
	5:00 PM				_
	5:30 PM				_
	6:00 PM				_
	6:30 PM				_
	7:00 PM				_
	7:30 PM				_
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	9:30 PM				_
	10:00 PM				_
	10:30 PM				
WHAT WENT RIGHT I	11:00 PM   N MY WORLD T	'ODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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3					



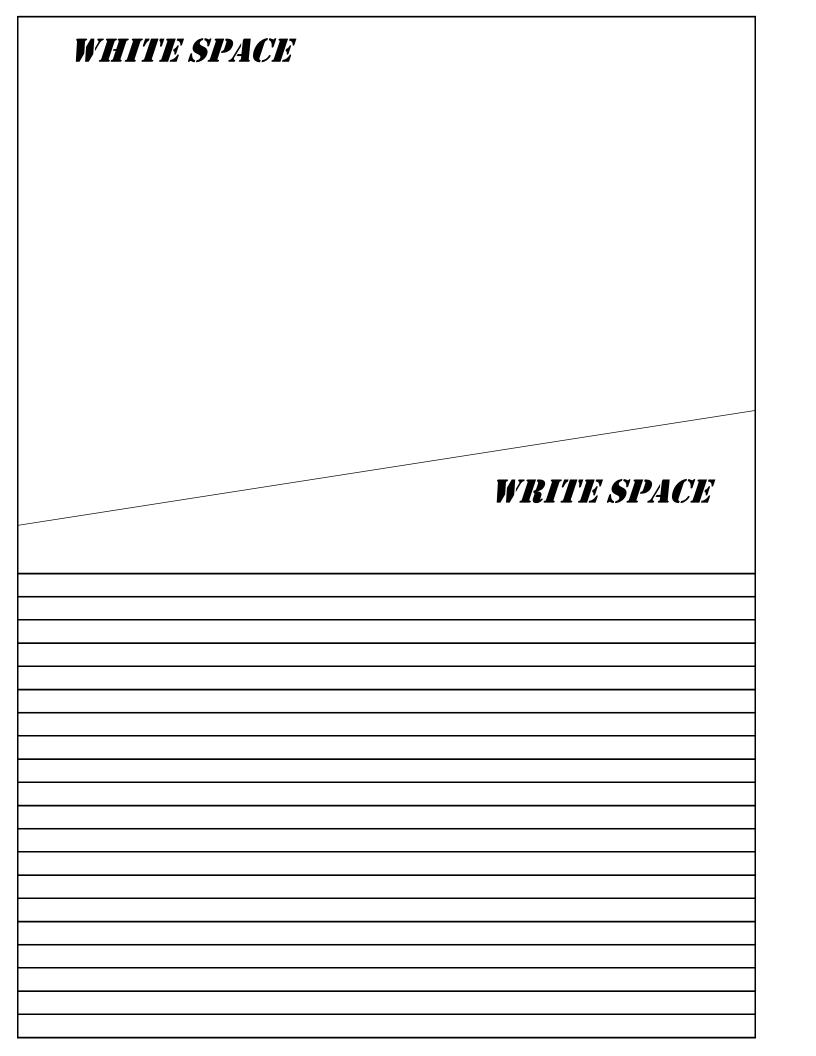
					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	
IF YOU CARE	5:00 AM	-			"WE CAN CONTROL THE
ENOUGH FOR A	5:30 AM				PRESENT, BUT NOT THE
	6:00 AM				— PAST." — WHAT HAS HAPPENED HA
RESULT, YOU	6:30 AM				ALREADY HAPPENED. WI
WILL MOST	7:00 AM				CANNOT CHANGE THE
CERTAINLY	7:30 AM				REALITY OF WHAT
	8:00 AM				HAPPENED IN THE PAST
ATTAIN IT	8:30 AM				ANY MORE THAN WE CAN
-WILLIAM	9:00 AM				CONTROL WHAT HAPPEN
	9:30 AM 10:00 AM				IN THE FUTURE. WE DO HAVE CONTROL OVER
JAMES	10:00 AM 10:30 AM				TWHAT WE PRESENTLY
	10:30 AM 11:00 AM				THINK, FEEL, AND DO. AS
	11:30 AM				long as we accept tha
HOW DOES THIS QUOTE	12:00 PM				WE CAN CONTROL WHAT
APPLY TO MY LIFE	12:30 PM				WE ARE ABLE TO, AND
TODAY?	1:00 PM				ACCEPT THAT WE CANNO
	1:30 PM				CONTROL WHAT WE CANNOT, WE WILL SAVE
	2:00 PM				OURSELVES MUCH
	2:30 PM				FRUSTRATION.
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				
	5:00 PM				
	5:30 PM				
	6:00 PM				
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	8:30 PM				_
	9:00 PM				_
	9:30 PM				_
	10:00 PM 10:30 PM				-
WHAT WENT RIGHT I		TODAY?	WHAT W	ENT WRONG	G IN THE WORLD TODAY?
WHAT WENT RIGHT I	11:00 PM	TODAY?	WHAT W	ENT WRONG	G IN THE WORLD TODAY?
2					
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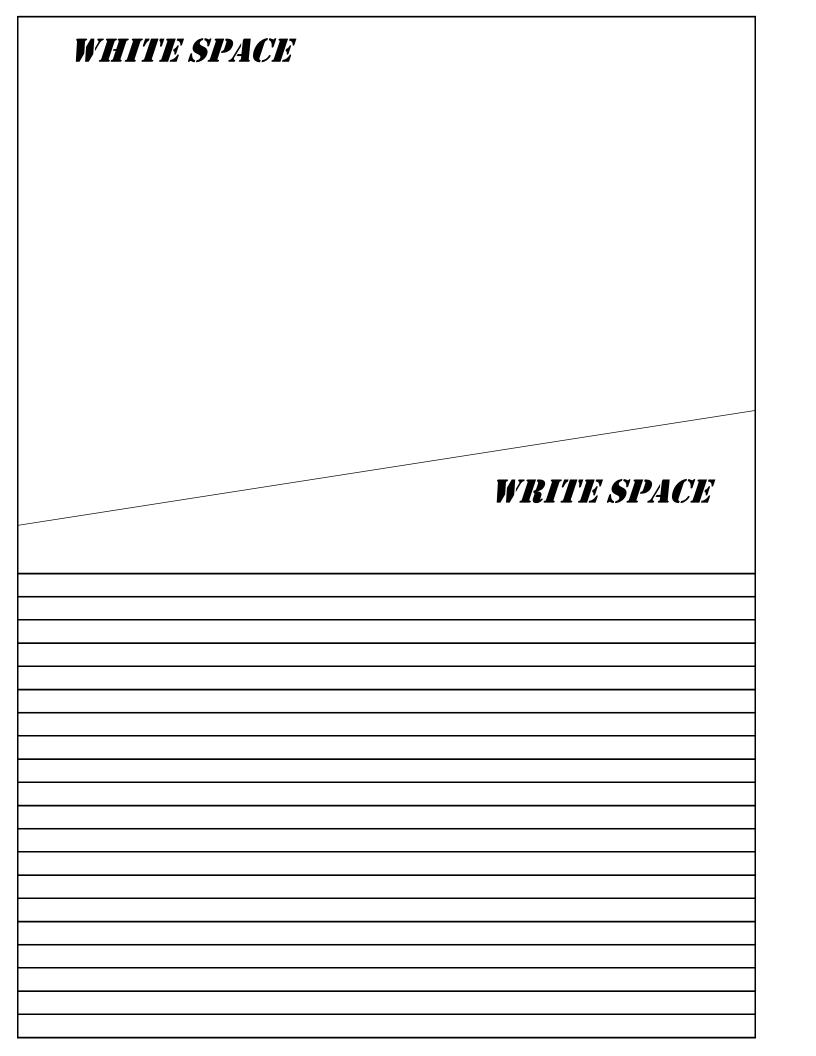
					CONCEPT OF THE DAY
"THE WILL TO WIN,	DAY	DATE	MONTH	YEAR	
THE DESIRE TO	5:00 AM				"UNIVERSALITY"
SUCCEED, THE URGE	5:30 AM				THE CONCEPT THAT
	6:00 AM				OTHERS EXPERIENCE
TO REACH YOUR	6:30 AM				THE SAME PROBLEMS
FULL POTENTIAL:	7:00 AM				AND DIFFICULTIES AS W
THESE ARE THE	7:30 AM				DO. VETERANS OFTEN
KEYS THAT WILL	8:00 AM				STRUGGLE WITH THE
UNLOCK THE DOOR	8:30 AM				CONCEPT OF
TO PERSONAL	9:00 AM				UNIVERSALITY, AS WE
EXCELLENCE" -	9:30 AM				LOST TOUCH WITH THOS
	10:00 AM				WE SERVED WITH AND
CONFUCIUS	10:30 AM				FEEL AS THOUGH OTHER
	11:00 AM				AROUND US CAN'T
	11:30 AM				UNDERSTAND WHAT WE
HOW DOES THIS QUOTE	12:00 PM				WENT THROUGH.
APPLY TO MY LIFE	12:30 PM				REMEMBERING THAT WI
TODAY?	1:00 PM				ARE NOT THE ONLY ONES
	1:30 PM				GOING THROUGH THIS
	2:00 PM				– JOURNEY IS OFTEN – HELPFUL
	2:30 PM				<b>HELFFUL</b>
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				
	5:00 PM				
	5:30 PM				
	6:00 PM				
	6:30 PM				
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	11:00 PM				
WHAT WENT RIGHT I	N MY WORLD T	ODAY?	WHAT W	ENT WRONG	S IN THE WORLD TODAY?
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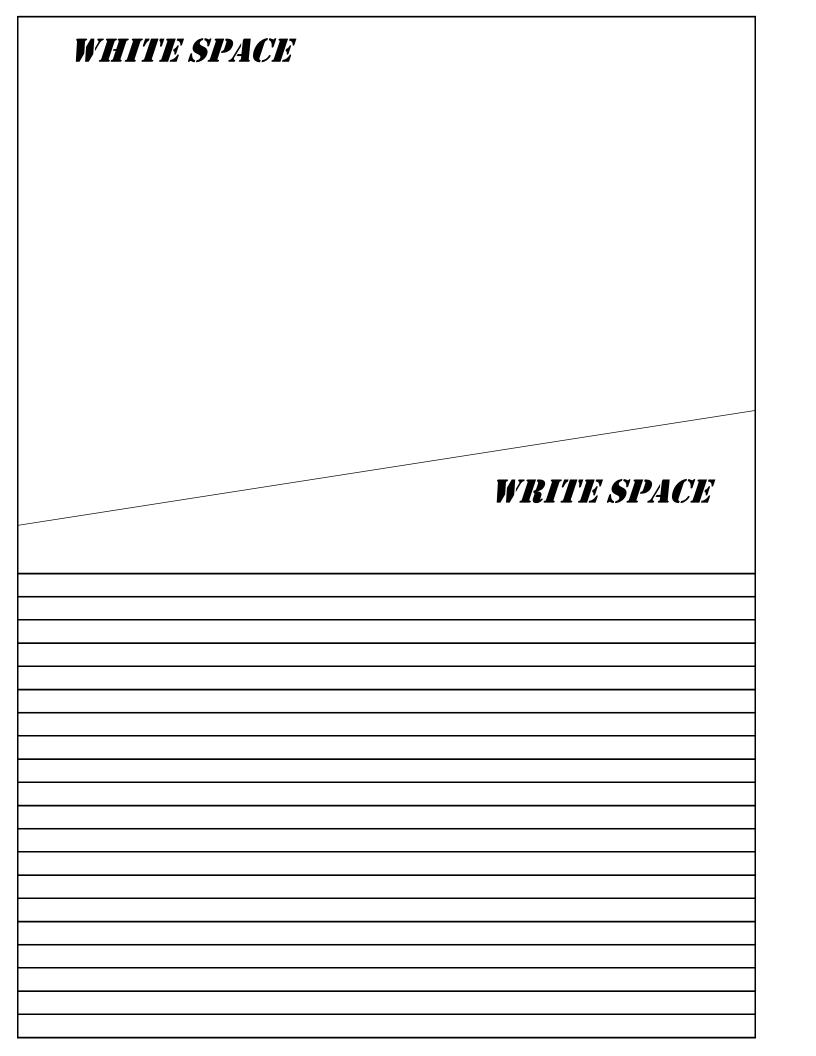
							CONCEPT OF THE DAY
	DAY		DATE	MONTH	Ŋ	YEAR	
TO BE YOURSELF IN	5:00 AM						
A WORLD THAT IS	5:30 AM						"DISPLACEMENT"
<b>CONSTANTLY</b>	6:00 AM						A DEFENSE MECHANISM
TRYING TO MAKE	6:30 AM						IN WHICH THE
YOU SOMETHING	7:00 AM						INDIVIDUAL IS
ELSE IS THE	7:30 AM						UNWILLING OR UNABLE
	8:00 AM						TO SHOW ANGER TOWAR THE ACTUAL INDIVIDUA
GREATEST	8:30 AM						THE ACTUAL INDIVIDUA THEY ARE ANGRY AT
ACCOMPLISHMENT -	9:00 AM						BECAUSE OF POSSIBLE
RALPH WELD	9:30 AM						REPERCUSSIONS, SO TH
<b>EMERSON</b>	10:00 AM						ANGER IS DIRECTED AT
	10:30 AM						"SAFE" TARGETS OFTEN
	11:00 AM						WITHOUT CONSCIOUS
	11:30 AM						AWARENESS. ANGER IS
HOW DOES THIS QUOTE	12:00 PM						FAIRLY CONSTANT AND
APPLY TO MY LIFE	12:30 PM						UNFOCUSED EMOTION
TODAY?	1:00 PM						FOR VETERANS, AND IS
	1:30 PM						OFTEN DIRECTED AT
	2:00 PM						THOSE CLOSEST TO US.
	2:30 PM						
	3:00 PM						
	3:30 PM						THOUGHTS ABOUT THE
	4:00 PM						CONCEPT OF THE DAY:
	4:30 PM						
	5:00 PM						_
	5:30 PM						_
	6:00 PM						_
	6:30 PM						
	7:00 PM						
	7:30 PM						
	8:00 PM						
	8:30 PM						
	9:00 PM						
	9:30 PM						
	10:00 PM						
	10:30 PM						
	11:00 PM						
WHAT WENT RIGHT I	N MY WORLI	) TOI	DAY?	WHAT	WENT	WRONG I	IN THE WORLD TODAY?
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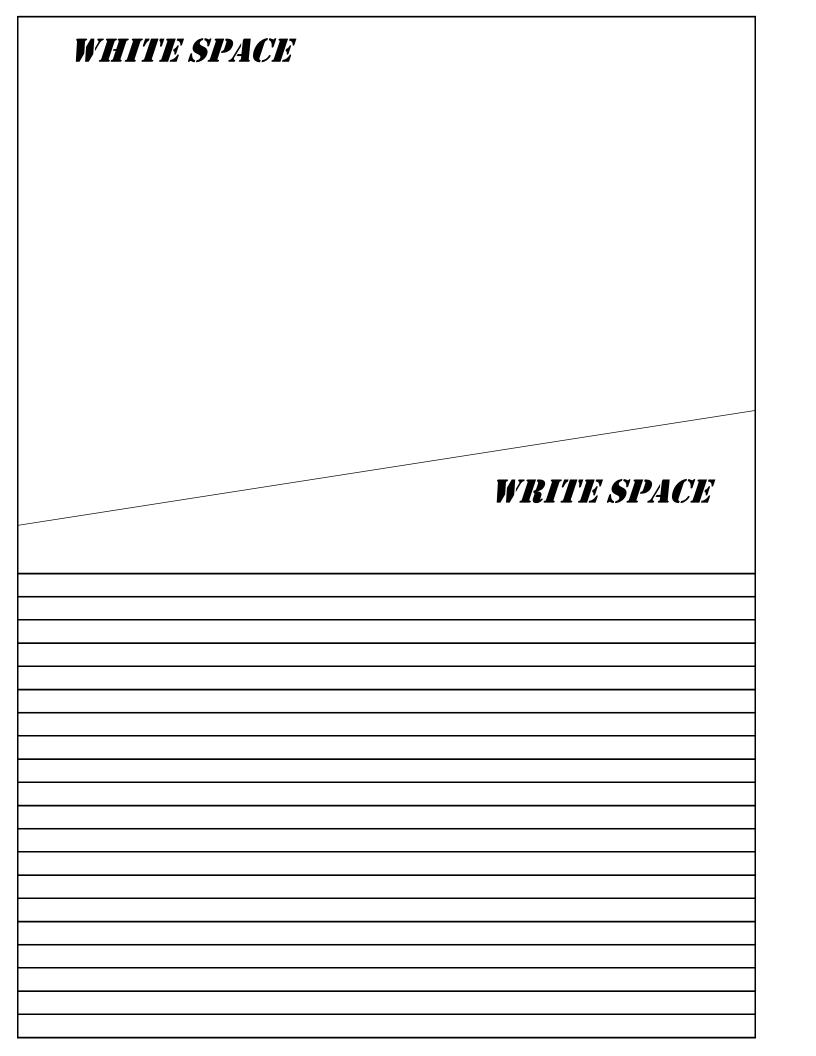
			CONCEPT OF THE DAY
	DAY DATE	MONTH YEAR	
YOU ARE	5:00 AM		
IVU ANE	5:30 AM		THINKING IN TERMS OF
NEVER TO OLD	6:00 AM		ABSOLUTES, SUCH AS "
	6:30 AM		HAVE TO" OR "THINGS
TO SET	7:00 AM		ARE ALWAYS (OR NEVER
ANOTHER	7:30 AM		LIKE THIS FOR ME". IN
	8:00 AM		LIFE, THINGS ARE
GOAL OR TO	8:30 AM		RARELY EVER
DREAM A NEW	9:00 AM		ABSOLUTELY OR
	9:30 AM		IMPERATIVELY A
DREAM	10:00 AM		CERTAIN WAY; THINKIN
	10:30 AM		IN THIS WAY CAUSES US
	11:00 AM		TO ACT AS IF THE
	11:30 AM		ABSOLUTE OR
HOW DOES THIS QUOTE	12:00 PM		IMPERATIVE THOUGHT
APPLY TO MY LIFE	12:30 PM		WERE TRUE.
TODAY?	1:00 PM		CONSIDERING WHETHE
	1:30 PM		THESE THOUGHTS ARE
	2:00 PM		ACTUALLY TRUE CAN BI
	2:30 PM		OF BENEFIT.
	3:00 PM		
	3:30 PM		THOUGHTS ABOUT THE
	4:00 PM		CONCEPT OF THE DAY:
	4:30 PM		
	5:00 PM		
	5:30 PM		
	6:00 PM		
	6:30 PM		
	7:00 PM		
	7:30 PM		
	8:00 PM		
	8:30 PM		7
	9:00 PM		7
	9:30 PM		
	10:00 PM		
	10:30 PM		
	11:00 PM		
WHAT WENT RIGHT I 1	N MY WORLD TODAY?	WHAT WENT WRONG	IN THE WORLD TODAY?
		]	
2		1	
		4	
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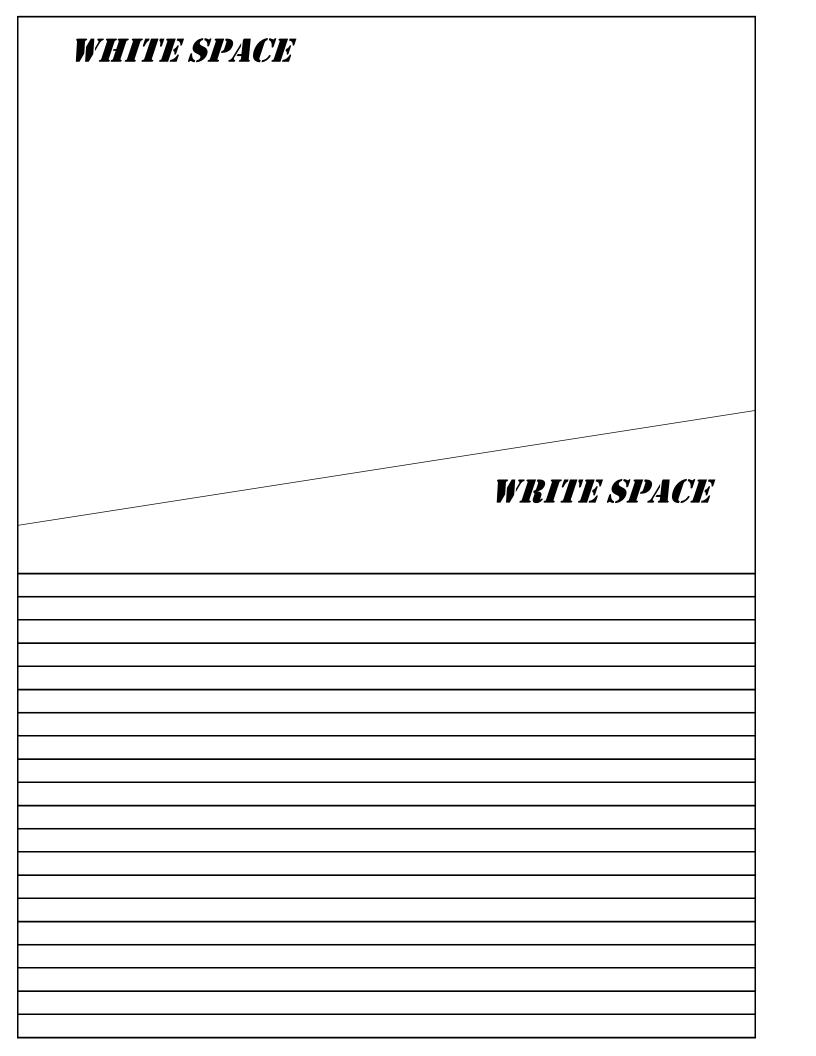
DAY 5:00 AM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM	DATE	MONTH	YEAR	"SELF-DEFEATING BEHAVIOR" ANYTHING AN
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM				BEHAVIOR"
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM				BEHAVIOR"
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM				BEHAVIOR"
7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM				
7:30 AM 8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM				ANYTHING AN
8:00 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM				
8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM				INDIVIDUAL DOES TO HOLD THEMSELVES BACK
9:00 AM 9:30 AM 10:00 AM 10:30 AM				FROM ACHIEVING A GOAL
9:30 AM 10:00 AM 10:30 AM				OR TO HARM
10:00 AM 10:30 AM				THEMSELVES.
10:30 AM				SOMETIMES THE SELF-
				DEFEATING BEHAVIOR IS
11:00 AM				CONSCIOUS, USED TO
				AVOID UNCERTAINTY.
11:30 AM				OTHER TIMES, WE ARE
12:00 PM				NOT AWARE OF THE SELF
12:30 PM				DEFEATING BEHAVIOR
1:00 PM				BUT ARE AWARE OF THE
1:30 PM				CONSEQUENCES.
2:00 PM				
2:30 PM				
3:00 PM				
3:30 PM				THOUGHTS ABOUT THE
4:00 PM				CONCEPT OF THE DAY:
4:30 PM				_
5:00 PM				_
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7:00 PM				_
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9:30 PM				_
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		·		
MY WORLI	) TODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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	6:30 PM 7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM 9:30 PM 10:00 PM 10:30 PM	6:00 PM 6:30 PM 7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM 9:00 PM 10:30 PM	6:00 PM 6:30 PM 7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM 9:30 PM 10:00 PM 10:30 PM	6:00 PM 6:30 PM 7:00 PM 7:00 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM 9:30 PM 10:00 PM 10:30 PM



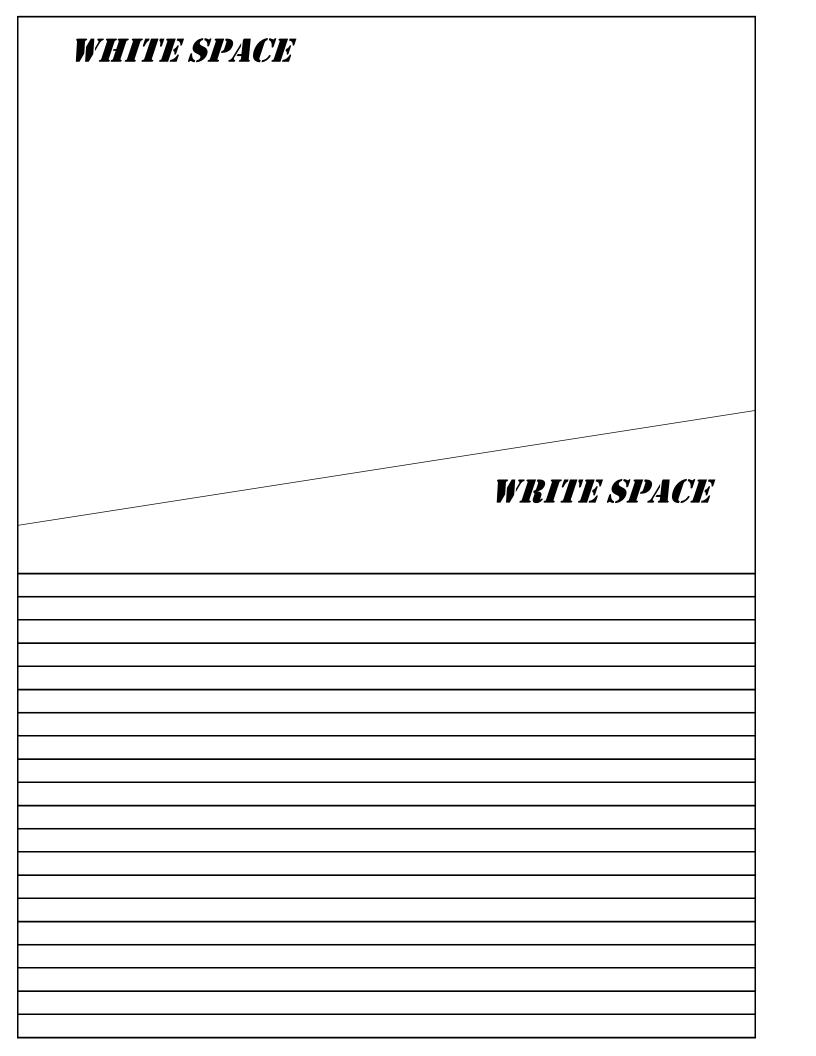
DAY 5:00 AM 5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM		DATE	MONTH	YEAR	"OVERCOMPENSATION"
5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM			•		
6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM					
6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM					
7:00 AM 7:30 AM 8:00 AM 8:30 AM					ONGOING BEHAVIOR
7:30 AM 8:00 AM 8:30 AM					THAT IS INTENDED TO
8:00 AM 8:30 AM					OFFSET A PERCEIVED
8:30 AM					VETERAN TRANSITIONS
					OUT OF THE MILITARY,
9:00 AM					FOR WHATEVER REASON
					A LOSS OF A SENSE OF
9:30 AM					PURPOSE IS FELT. MANY
10:00 AM					TIMES VETERANS WILL
					АТТЕМРТ ТО
					<b>OVERCOMPENSATE FOR</b>
					THIS LOSS OF PURPOSE
					BY ENGAGING IN MANY
					DIFFERENT BEHAVIORS
					IN ORDER TO REPLACE
					THAT SENSE OF
					PURPOSE.
					_
					THOUGHTS ABOUT THE CONCEPT OF THE DAY:
					-
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					-
9:30 PM					1
					-
					-
11:00 PM					1
N MY WORLD	) TODA	Y?	WHAT '	WENT WRONG	IN THE WORLD TODAY?
			4		
			-		
			4		
			4		
			4		
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	10:00 PM 10:30 PM 11:00 PM N MY WORLD	11:00 AM         11:30 AM         12:00 PM         12:30 PM         1:00 PM         1:00 PM         1:30 PM         2:30 PM         2:30 PM         3:00 PM         3:30 PM         4:00 PM         4:30 PM         5:00 PM         5:30 PM         6:00 PM         6:30 PM         7:00 PM         7:30 PM         8:00 PM         9:00 PM         9:30 PM         10:30 PM         10:30 PM         11:00 PM	11:00 AM         11:30 AM         12:00 PM         12:30 PM         12:30 PM         1:00 PM         1:30 PM         2:00 PM         2:30 PM         3:00 PM         3:30 PM         4:00 PM         5:00 PM         5:30 PM         6:00 PM         6:30 PM         7:00 PM         7:30 PM         8:00 PM         8:30 PM         9:00 PM         9:30 PM         10:30 PM	11:00 AM         11:30 AM         12:00 PM         12:30 PM         12:30 PM         1:00 PM         1:30 PM         2:00 PM         2:30 PM         3:00 PM         3:30 PM         4:00 PM         4:30 PM         5:00 PM         5:30 PM         6:00 PM         6:30 PM         7:30 PM         8:00 PM         8:30 PM         9:00 PM         9:30 PM         10:30 PM         11:00 PM	11:00 AM         11:30 AM         12:00 PM         12:30 PM         1:00 PM         1:30 PM         2:00 PM         2:00 PM         2:30 PM         3:00 PM         3:30 PM         4:00 PM         4:00 PM         5:00 PM         5:30 PM         6:00 PM         6:30 PM         6:30 PM         7:00 PM         7:30 PM         8:00 PM         9:00 PM         9:30 PM         10:00 PM         10:30 PM         N MY WORLD TODAY?         WHAT WENT WRONG 1



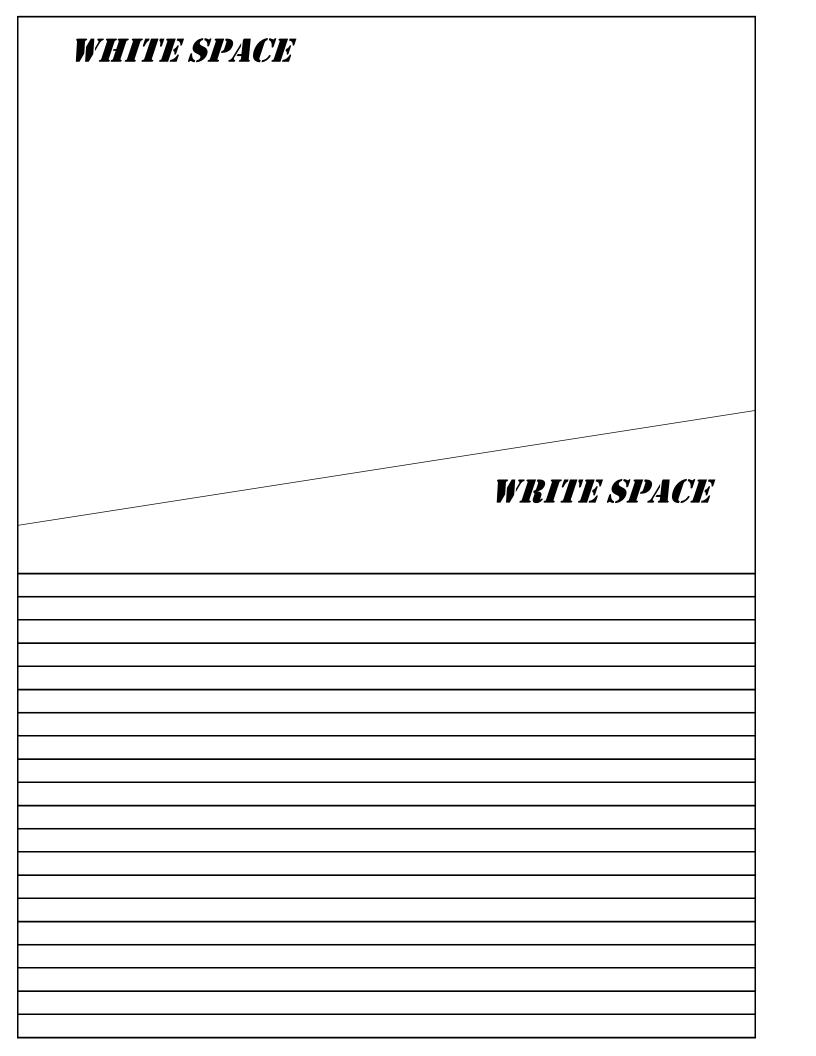
					CONCEPT OF THE DAY
THERE ARE NO	DAY	DATE	MONTH	YEAR	
	5:00 AM				
SECRETS TO	5:30 AM				"MY STANDARDS ARE NO
SUCCESS. IT IS	6:00 AM				THE STANDARDS OF
THE RESULT OF	6:30 AM				OTHERS." IT IS UNREALISTIC TO
	7:00 AM				EXPECT OTHERS TO ACT
PREPARATION,	7:30 AM				CERTAIN WAY IN A
HARD WORK,	8:00 AM				SITUATION JUST
LEARNING FROM	8:30 AM				BECAUSE WE WOULD ACT
	9:00 AM				- THAT WAY IN A SIMILAR
FAILURE	9:30 AM				- SITUATION.
- COLIN POWELL	10:00 AM				understanding that
	10:30 AM				EVERYONE APPROACHES
	11:00 AM				<b>ANY GIVEN SITUATION</b>
	11:30 AM				WITH THEIR OWN
HOW DOES THIS QUOTE	12:00 PM				THOUGHTS, VALUES, AN
APPLY TO MY LIFE	12:30 PM				BELIEFS CAN HELP US TO
TODAY?	1:00 PM				NOT GET ANGRY AT THEM
	1:30 PM				FOR FAILING TO ADHERI
	2:00 PM				TO OUR STANDARDS.
	2:30 PM				_
	3:00 PM 3:30 PM				THOUGHTS ABOUT THE
	3:30 PM 4:00 PM				CONCEPT OF THE DAY:
	4:00 PM 4:30 PM				CUNCEPT OF THE DAT.
	4:50 PM 5:00 PM				
	5:00 PM 5:30 PM				
	6:00 PM				
	6:30 PM				-
	0.30 PM 7:00 PM				-
	7:30 PM				-
	8:00 PM				-
	8:30 PM				-
	9:00 PM				-
	9:30 PM				
	10:00 PM				
	10:30 PM				-
	11:00 PM				
WHAT WENT RIGHT I		'ODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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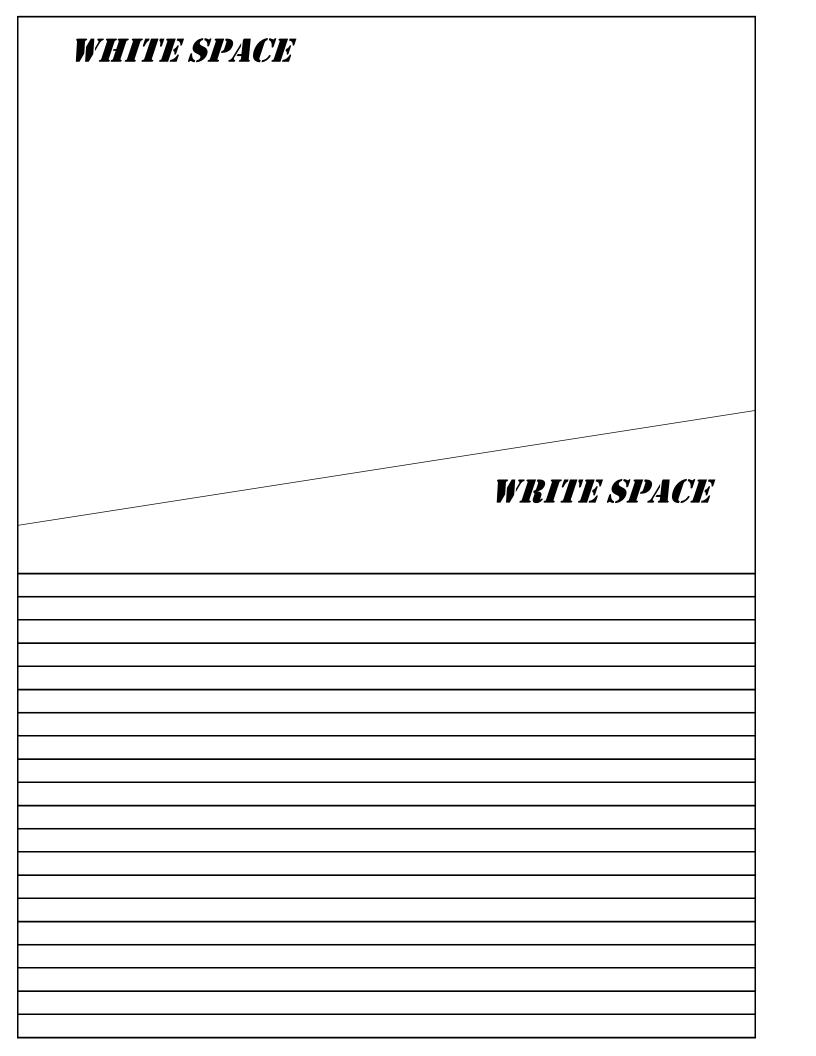
				CONCEPT OF THE DAY
"COURAGE IS	DAY DA'	TE MONTH	YEAR	
	5:00 AM			
NOT HAVING THE	5:30 AM			"PLEASURE PRINCIPLE"
STRENGTH TO GO	6:00 AM			THE IDEA THAT PEOPLI
ON; IT IS GOING	6:30 AM			SEEK PLEASURE AND
	7:00 AM			ATTEMPT TO AVOID PAIN OFTEN, THE BEHAVIORS
ON WHEN YOU	7:30 AM			THAT WE ENGAGE IN
DON'T HAVE THE	8:00 AM			THAT REMOVE THE PAIR
STRENGTH"	8:30 AM			WE ARE EXPERIENCING
	9:00 AM			CAUSE PAIN
THEODORE	9:30 AM			THEMSELVES. FOR
ROOSEVELT	10:00 AM			EXAMPLE, EXCESSIVE
	10:30 AM			SUBSTANCE USE IN
	11:00 AM			ORDER TO RELIEVE
	11:30 AM			PHYSICAL OR MENTAL
HOW DOES THIS QUOTE	12:00 PM			PAIN HAS ADDITIONAL
APPLY TO MY LIFE	12:30 PM			MENTAL, PHYSICAL, ANI
TODAY?	1:00 PM			SOCIAL CONSEQUENCES
	1:30 PM			THAT INDUCE MORE
	2:00 PM			PAIN.
	2:30 PM			
	3:00 PM			THOUGHTS ABOUT THE
	3:30 PM			CONCEPT OF THE DAY:
	4:00 PM 4:30 PM			CUNCEPT OF THE DAT:
	4:50 PM 5:00 PM			-
	5:30 PM			-
	6:00 PM			-
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WHAT WENT RIGHT I		WHAT	WENT WRONG I	N THE WORLD TODAY?
WHAT WENT RIGHT IN	10:00 PM 10:30 PM 11:00 PM N MY WORLD TODAY?	WHAT	WENT WRONG I	IN T
7:0 7:3 8:0 8:3 9:0 9:3 10: 10: 11:	30 PM 00 PM	WHAT	WENT WRONG I	N THE WORLD TODAY?
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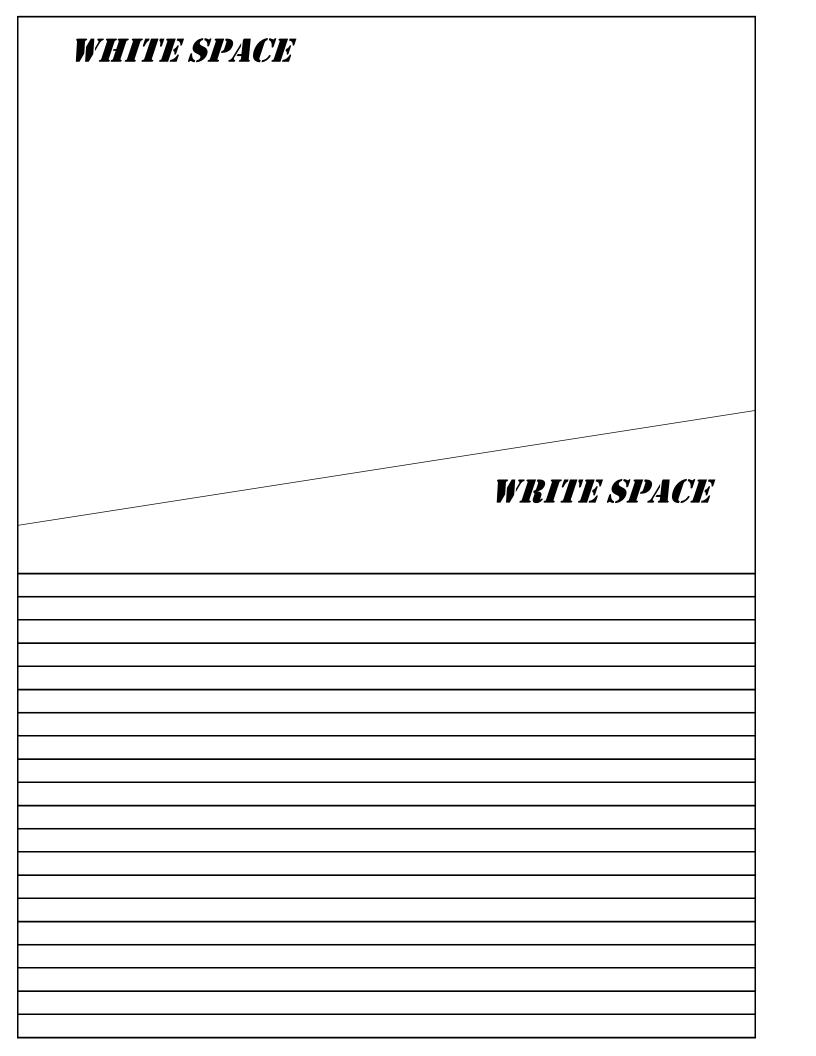
					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	
WITHOUT	5:00 AM				
<i>W1111001</i>	5:30 AM				"NO ONE IS, OR SHOULD
HARD WORK,	6:00 AM				BE, PERFECT."
NOTHING	6:30 AM				BY HOLDING OURSELVES
<i>NULIING</i>	7:00 AM				TO AN UNREALISTIC
GROWS BUT	7:30 AM				PERFECT EXPECTATION,
<b>WEEDS</b>	8:00 AM				WE SET OURSELVES UP
	8:30 AM				FOR DISAPPOINTMENT
-GORDON B.	9:00 AM				WHEN WE DO NOT ACHIEVI
	9:30 AM				THAT PERFECTION. WHEN WE START TO THINK THAT
HINCKLEY	10:00 AM				WE START TO THINK THAT WE "SHOULD HAVE" ACTED
	10:30 AM				A CERTAIN WAY, THEN WE
	11:00 AM				START TO FEEL GUILT,
	11:30 AM				SHAME, AND
HOW DOES THIS QUOTE	12:00 PM				EMBARRASSMENT. BY
APPLY TO MY LIFE	12:30 PM				ADHERING TO A "100% IS
TODAY?	1:00 PM				PASSING, 99% IS FAILING
	1:30 PM				WE ARE NOT ALLOWING
	2:00 PM				OURSELVES TO GROW.
	2:30 PM				
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				
	5:00 PM				
	5:30 PM				
	6:00 PM				
	6:30 PM				
	7:00 PM				
	7:30 PM				
	8:00 PM				
	8:30 PM				
	9:00 PM				
	9:30 PM				
	10:00 PM				
	10:30 PM				
	11:00 PM		<b>XA7 XX 3 /81 XA</b> 7		
WHAT WENT RIGHT I	IN MY WURLD'I	UDAY ?	W11A1 W	ENI WKUNU	IN THE WORLD TODAY?



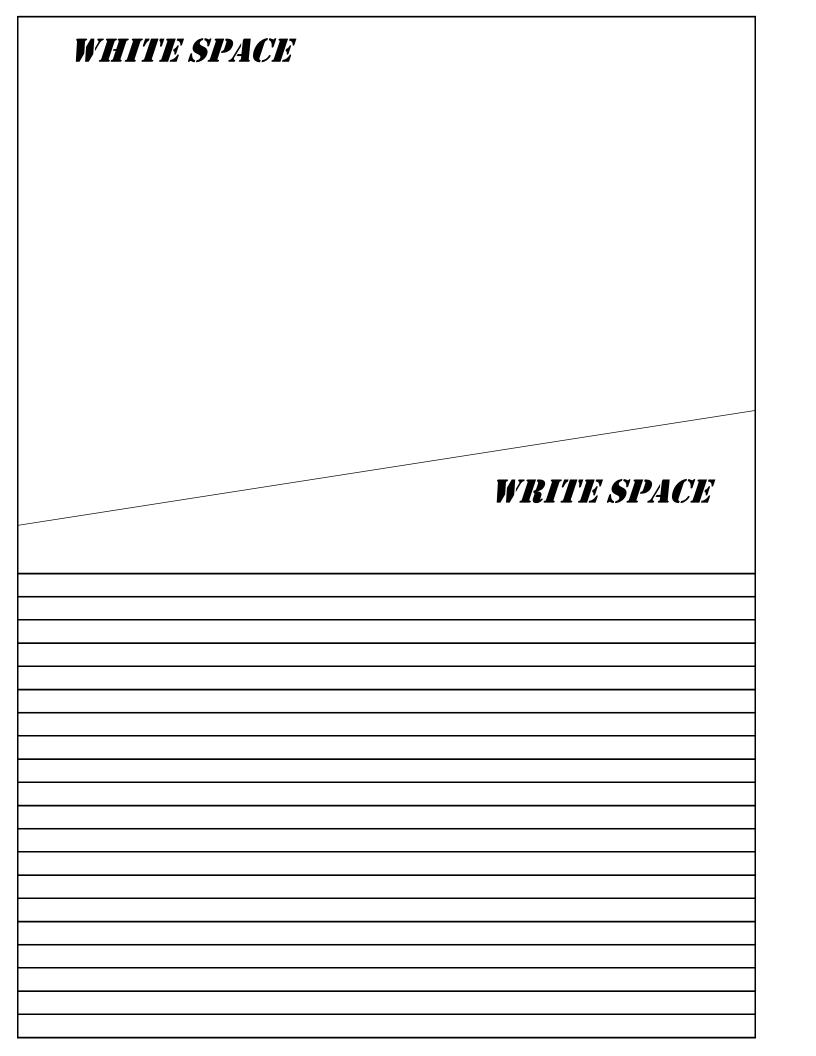
			CONCEPT OF THE DAY
	DAY DATE	E MONTH YEAR	
THE GREATEST	5:00 AM		"VALUE CONFLICT"
	5:30 AM		DIFFERENCES IN VALUES
GLORY IN	6:00 AM		BETWEEN PEOPLE, OR
	6:30 AM		<b>CONTRADICTORY VALUE</b>
LIVING LIES	7:00 AM		THAT CAUSE CONFLICT
NOT IN NEVER	7:30 AM		WITHIN THE SAME
	8:00 AM		INDIVIDUAL. VETERANS
FALLING, BUT	8:30 AM		OFTEN EXPERIENCE
RISING EACH	9:00 AM		VALUE CONFLICT WHEN
	9:30 AM		INTERACTING WITH
TIME WE FALL	10:00 AM		OTHERS WHO HAVE
	10:30 AM		NEVER BEEN IN THE
	11:00 AM		MILITARY; THEY ALSO
	11:30 AM		OFTEN EXPERIENCE
HOW DOES THIS QUOTE	12:00 PM		CONFLICTING VALUES
APPLY TO MY LIFE	12:30 PM		WITHIN THEMSELVES
TODAY?	1:00 PM		WHEN THEY ACT
	1:30 PM		IMPULSIVELY WITHOUT
	2:00 PM		EXAMINING THEIR OWN
	2:30 PM		BELIEFS
	3:00 PM		-1
	3:30 PM		THOUGHTS ABOUT THE
	4:00 PM		CONCEPT OF THE DAY:
	4:30 PM		
	5:00 PM		-1
	5:30 PM		-
	6:00 PM		-
	6:30 PM		-
	7:00 PM		-1
	7:30 PM		-1
	8:00 PM		-1
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	8:30 PM		_
	9:00 PM		-
	9:30 PM		_
	10:00 PM		_
	10:30 PM		_
WHAT WENT RIGHT I	11:00 PM   N MY WORLD TODAY?	WHAT WENT WRONG	IN THE WORLD TODAY?
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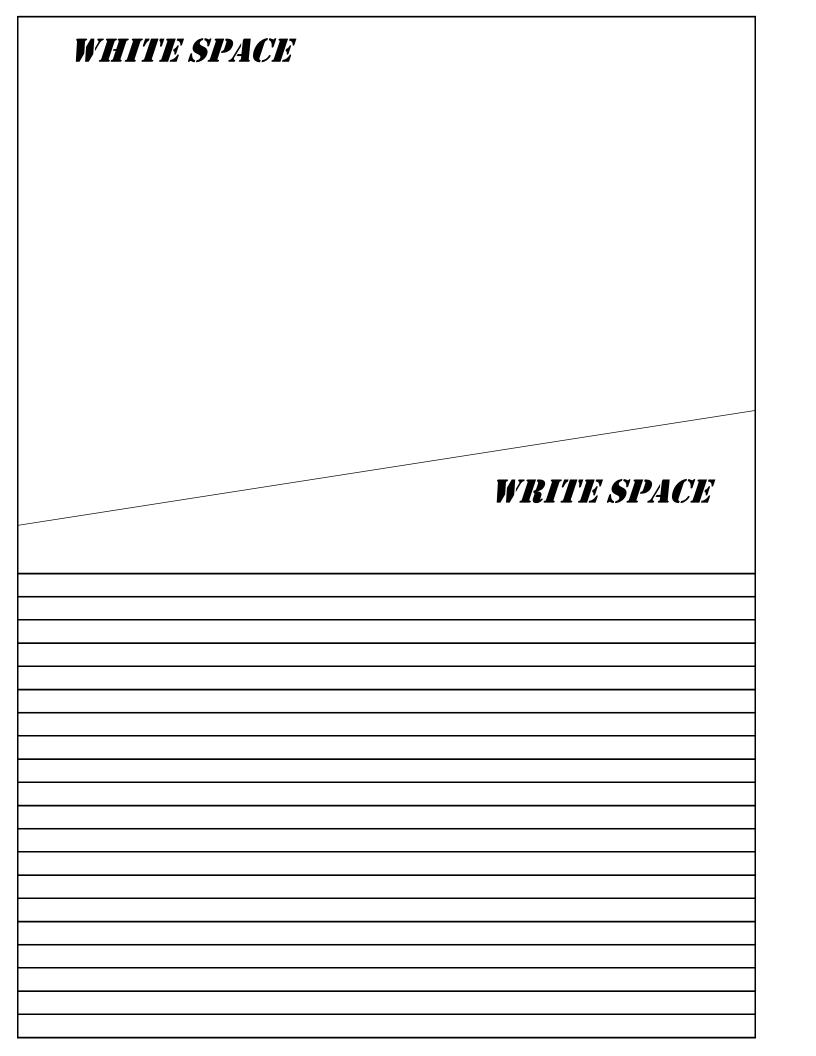
DUTY, HONOR,					CONCEPT OF THE DAY
COUNTRY.	DAY	DATE	MONTH	YEAR	
	5:00 AM				
THOSE THREE	5:30 AM				
WORDS DICTATE	6:00 AM				"THE HABIT OF NEGATIV
WHAT YOU	6:30 AM				THOUGHTS IS A HABIT
	7:00 AM				THAT MUST BE FOUGHT
OUGHT TO BE,	7:30 AM				TO BREAK."
WHAT YOU CAN	8:00 AM				- VERY LITTLE OF VALUE IN OUR LIVES CAME OUR
	8:30 AM				WAY BECAUSE IT WAS
BE, WHAT YOU	9:00 AM				- EASY; IT TAKES HARD
WILL BE.	9:30 AM				WORK TO LIVE A
-DOUGLAS	10:00 AM				CONTENTED LIFE. JUST
	10:30 AM				AS WITH ANY OTHER
MACARTHUR	11:00 AM				HABIT THAT IS LESS
	11:30 AM				THAN GOOD FOR US, THE
HOW DOES THIS QUOTE	12:00 PM				HABIT OF NEGATIVE
APPLY TO MY LIFE	12:30 PM				THINKING IS ONE THAT
TODAY?	1:00 PM				MUST BE ACTIVELY
	1:30 PM				WORKED AGAINST.
	2:00 PM				_
	2:30 PM				_
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE CONCEPT OF THE DAY:
	4:00 PM 4:30 PM				CONCEPT OF THE DAT:
	4:50 PM 5:00 PM				_
	5:30 PM				_
	6:00 PM				_
	6:30 PM				_
	0.30 PM 7:00 PM				_
	7:30 PM				_
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	8:30 PM				_
	9:00 PM				-
	9:30 PM				-
	10:00 PM				-
	10:30 PM				-
	11:00 PM				-
WHAT WENT RIGHT I		ODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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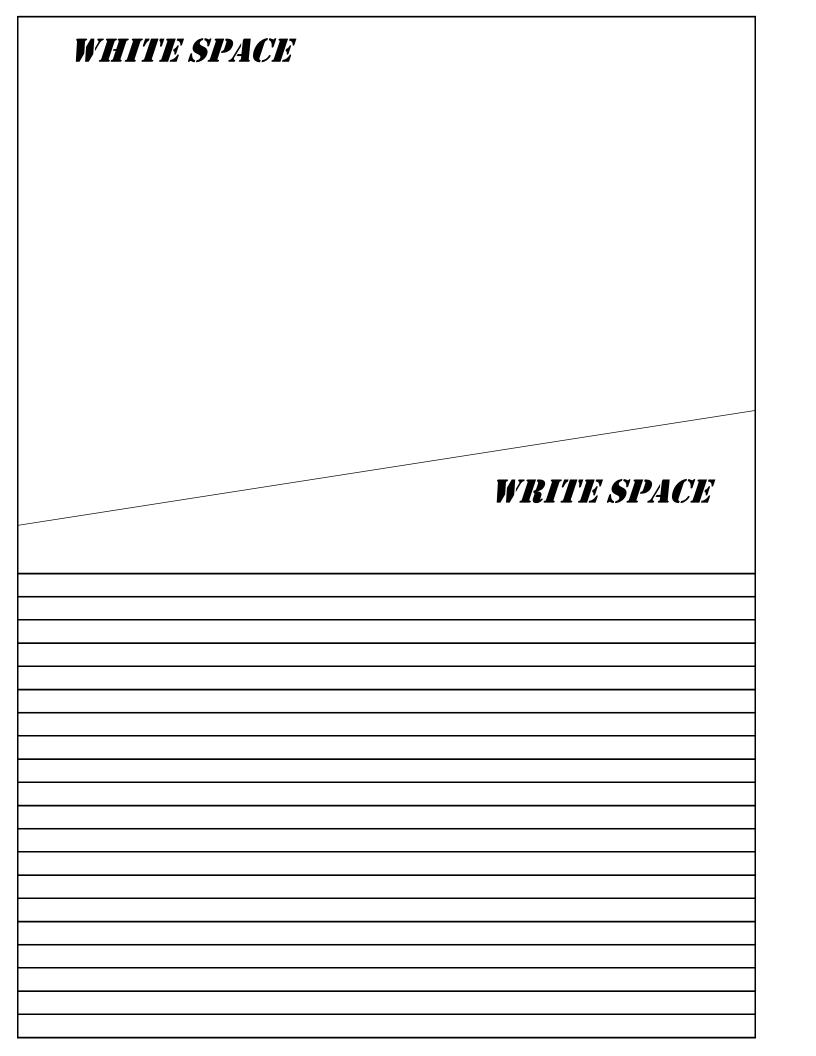
					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	
"IF EVERYONE	5:00 AM				
IS THINKING	5:30 AM				"CONFORMITY"
	6:00 AM				DOING WHAT MOST OF
ALIKE, THEN	6:30 AM				THE OTHER PEOPLE IN
SomeBody	7:00 AM				YOUR SOCIAL GROUP, AG
	7:30 AM				BRACKET, OR SOCIETY
ISN'T	8:00 AM				DO. VETERANS OFTEN DO
THINKING"	8:30 AM				NOT WISH OR FEEL THAT
	9:00 AM				THEY ARE ABLE TO
GEORGE S.	9:30 AM				CONFORM TO "SOCIETY"
PATTON	10:00 AM				AS THEY OFTEN FEEL
	10:30 AM				BETRAYED OR LET DOWN
	11:00 AM				BY "SOCIETY." LIVING
	11:30 AM				WITHIN THE RULES OF
HOW DOES THIS QUOTE	12:00 PM				ACCEPTABLE SOCIAL NORMS DOES NOT MEAN
APPLY TO MY LIFE	12:30 PM				THAT WE HAVE TO AGRE
TODAY?	1:00 PM				WITH OR ACCEPT THE
	1:30 PM				- VALUES OF OTHERS.
	2:00 PM				
	2:30 PM				_
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				_
	5:00 PM				_
	5:30 PM				_
	6:00 PM				_
	6:30 PM				_
	7:00 PM				_
	7:30 PM				_
	8:00 PM				_
	8:30 PM				_
	9:00 PM				_
	9:30 PM				_
	10:00 PM				_
	10:30 PM				_
	11:00 PM				
WHAT WENT RIGHT I	N MY WORLD I	ODAY?	WHAT W	ENT WRUNG	G IN THE WORLD TODAY?
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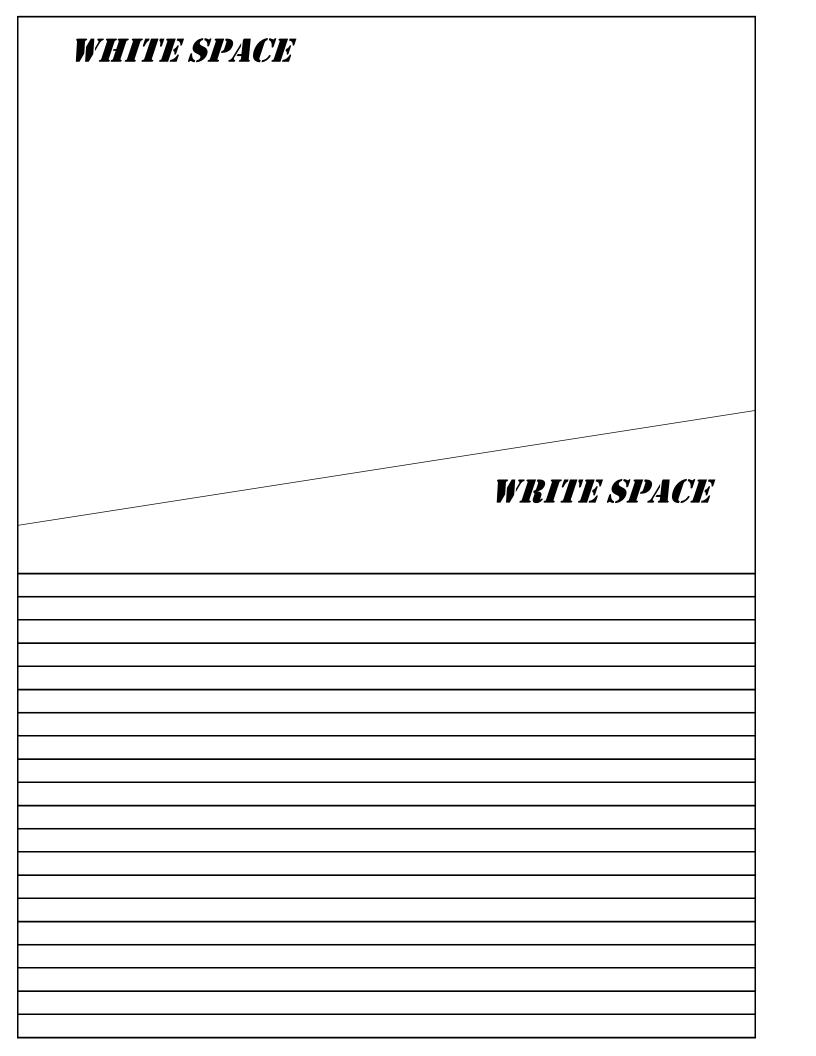
DO YOUR DUTY					CONCEPT OF THE DAY
IN ALL THINGS. YOU CANNOT DO	DAY	DATE	MONTH	YEAR	
	5:00 AM				
	5:30 AM				
	6:00 AM				"BEING AWARE OF THE
<i>uu u</i>	6:30 AM 7:00 AM				WORLD AROUND ME IS NOT THE SAME AS BEIN( HYPERVIGILANT." BEIN(
MORE; YOU					
SHOULD	7:30 AM		HYPERVIGILANT		
	8:00 AM				HAPPENS WHEN WE ARI
NEVER WISH	8:30 AM 9:00 AM				CONSTANTLY ON THE
TO DO LESS.	9:00 AM 9:30 AM				– LOOKOUT FOR DANGER
	9:30 AM 10:00 AM				AND ADVERSITY, AROUN
-ROBERT E.	10:00 AM 10:30 AM				EVERY CORNER AND ON
LEE	10:00 AM 11:00 AM				- EVERY ROOFTOP. BEING
	11:30 AM				AWARE OF THE WORLD
HOW DOES THIS QUOTE	12:00 PM				AROUND US IS SIMPLY SEEING THE WORLD AS I
APPLY TO MY LIFE	12:30 PM				IS, RATHER THAN HOW
TODAY?	1:00 PM				WE THINK IT IS, SHOUL
	1:30 PM				BE, OR OUGHT TO BE.
	2:00 PM				
	2:30 PM				
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				_
	5:00 PM				
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	6:00 PM				_
	6:30 PM				_
	7:00 PM				_
	7:30 PM 8:00 PM				_
	8:00 PM 8:30 PM				-
	9:00 PM				_
	9:30 PM				-
	10:00 PM				-
	10:30 PM				
	11:00 PM				-
WHAT WENT RIGHT I	IN MY WORLI	) TODAY?	WHAT W	'ENT WRONG	IN THE WORLD TODAY?
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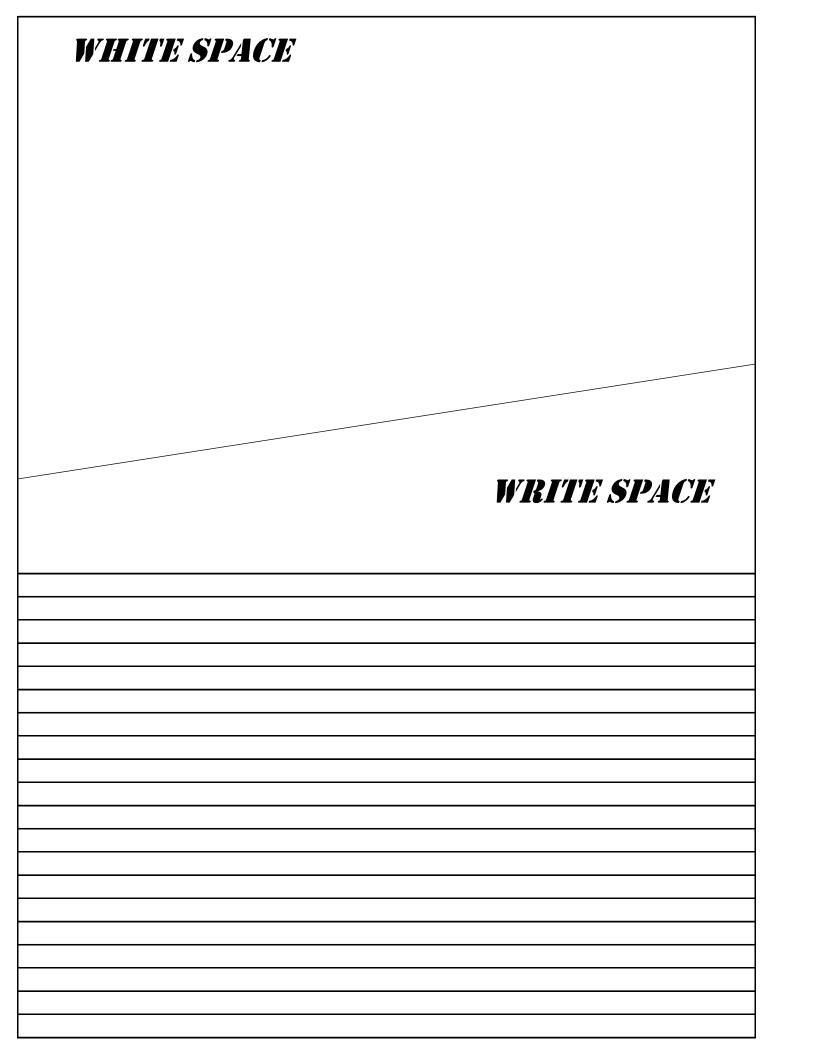
					CONCEPT OF THE DAY
"THE PRACTICE	DAY	DATE	MONTH	YEAR	
	5:00 AM				
OF FORGIVENESS	5:30 AM				
IS OUR MOST	6:00 AM				"DENIAL" THI
IMPORTANT	6:30 AM				CONSCIOUS ACT OF
*	7:00 AM				DENYING REALITY, IN
CONTRIBUTION	7:30 AM				ORDER TO AVOID EITHEI
TO THE HEALING	8:00 AM				AN EXTERNAL OR AN
OF THE WORLD" -	8:30 AM				INTERNAL CONSEQUENCI
	9:00 AM				AN EXTERNAL
MARIANNE	9:30 AM				CONSEQUENCE COULD B
WILLIAMS	10:00 AM				AN UNDESIRED
-	10:30 AM				RESPONSE FROM AN
	11:00 AM				AUTHORITY FIGURE OR SIGNIFICANT OTHER; AN
	11:30 AM				INTERNAL CONSEQUENC
HOW DOES THIS QUOTE	12:00 PM				COULD BE FEELINGS OF
APPLY TO MY LIFE	12:30 PM				GUILT, SHAME, OR FEAR
TODAY?	1:00 PM				
	1:30 PM				_
	2:00 PM				_
	2:30 PM				_
	3:00 PM 3:30 PM				THOUGHTS ABOUT THE
	3:30 PM 4:00 PM				CONCEPT OF THE DAY:
	4:00 PM 4:30 PM				
	4:30 PM 5:00 PM				_
	5:30 PM				_
	6:00 PM				-
	6:30 PM				_
	7:00 PM				_
	7:30 PM				-
	8:00 PM				-
	8:30 PM				-
	9:00 PM				-
	9:30 PM				-
	10:00 PM				-
	10:30 PM				-
	11:00 PM				-
WHAT WENT RIGHT I 1		Y?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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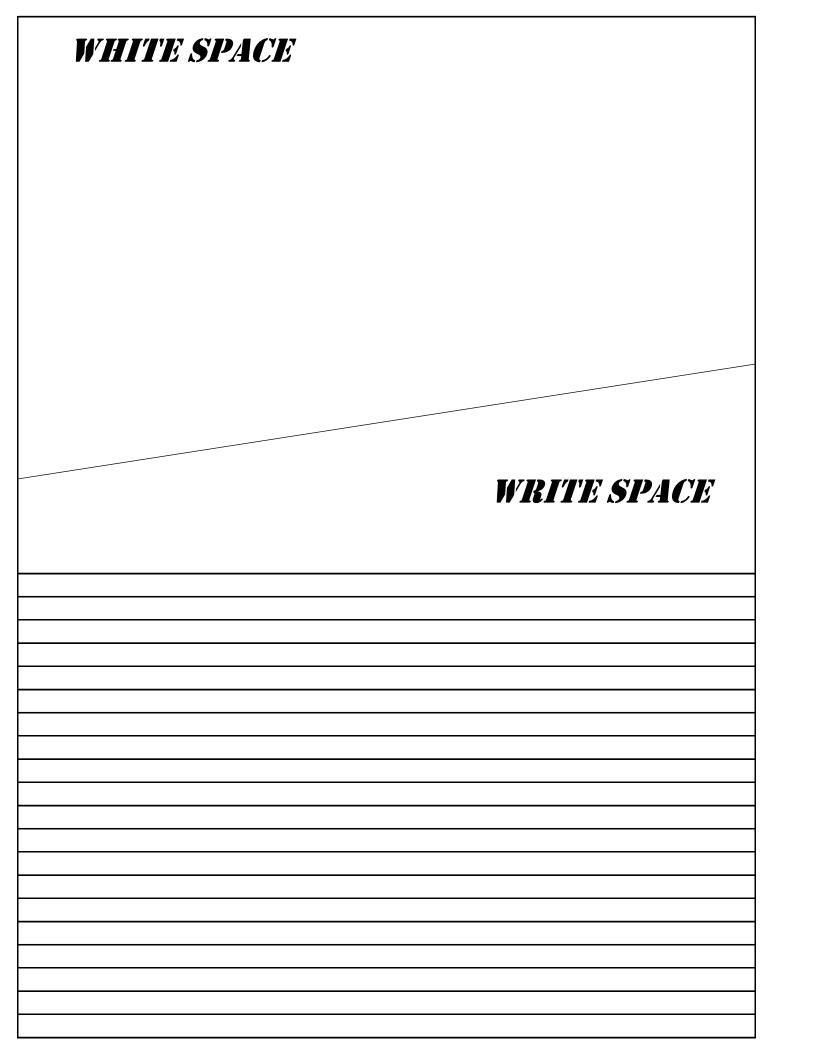
					CONCEPT OF THE DAY
"START	DAY	DATE	MONTH	YEAR	
WHERE YOU	5:00 AM				
	5:30 AM				"ALIENATION"
ARE. USE	6:00 AM				EITHER THE FEELING
WHAT YOU	6:30 AM				THAT LIFE IS MEANINGLESS ONE IS
	7:00 AM				SEPARATED FROM
HAVE. DO	7:30 AM				- SOCIETY, OR THAT ONE
WHAT YOU	8:00 AM				- FEELS ALONE, HAVING N
	8:30 AM				
CAN."	9:00 AM				OTHERS. VETERANS
-ARTHUR	9:30 AM 10:00 AM				— OFTEN FEEL ALIENATED
	10:00 AM 10:30 AM				FROM FAMILY MEMBERS
ASHE	10:30 AM 11:00 AM				MEMBERS OF THE
	11:30 AM				COMMUNITY, OR SOCIETY
HOW DOES THIS QUOTE	12:00 PM				IN GENERAL AFTER
APPLY TO MY LIFE	12:30 PM				RETURNING FROM COMBAT. THIS IS OFTEN
TODAY?	1:00 PM				BASED ON THE BELIEF
	1:30 PM				THAT OTHERS "DON'T
	2:00 PM				UNDERSTAND"
	2:30 PM				
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				
	5:00 PM				
	5:30 PM				
	6:00 PM				
	6:30 PM				_
	7:00 PM				_
	7:30 PM				_
	8:00 PM				_
	8:30 PM				_
	9:00 PM				_
	9:30 PM				-
	10:00 PM				_
	10:30 PM 11:00 PM				-
WHAT WENT RIGHT		'ODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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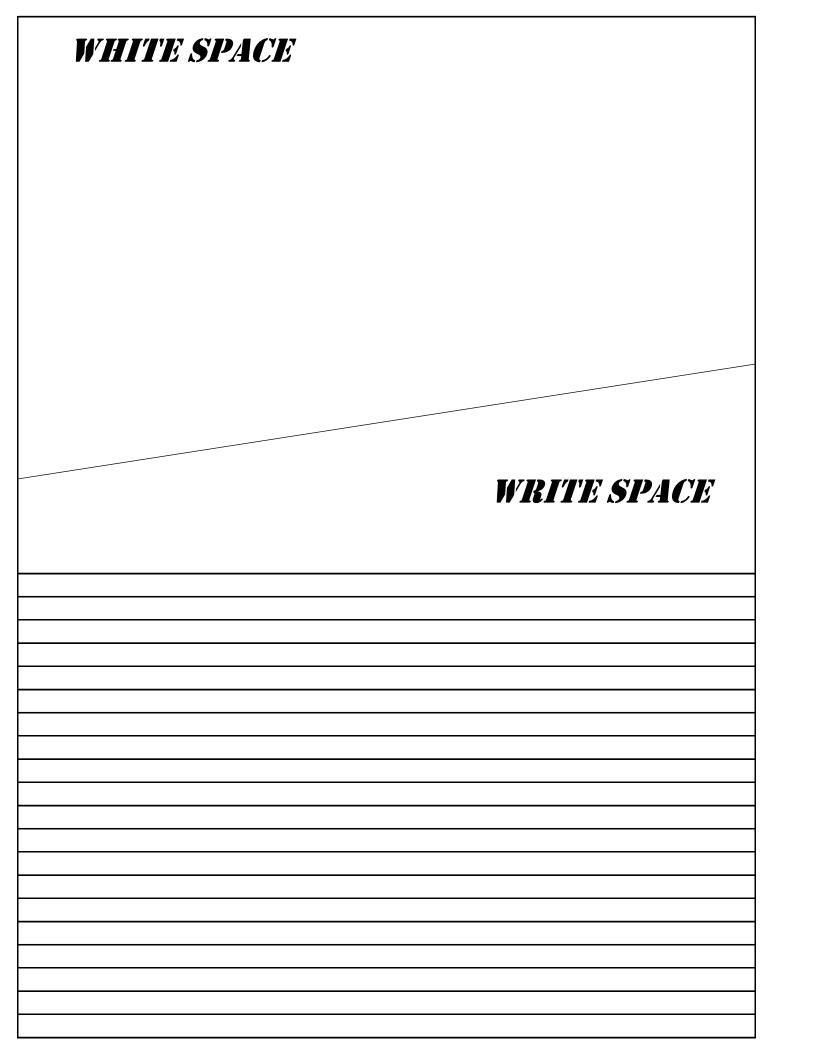
4:00 PM       CONCEPT OF THE DAY:         4:30 PM       5:00 PM         5:00 PM       6:00 PM         6:00 PM       6:30 PM         6:30 PM       7:00 PM         7:30 PM       7:30 PM         8:00 PM       8:30 PM         9:00 PM       9:30 PM         9:30 PM       10:00 PM         10:30 PM       11:00 PM         11:00 PM       WHAT WENT RIGHT IN MY WORLD TODAY?				CONCEPT OF THE DAY
B:30 AM       "BEREAVEMENT"         "WILAT YOU DO       6:30 AM       JOSING SOMEONE THAT         TODAY CAN       7:00 AM       TYPICALLY INCLUDES A         IMPROVE ALL OF       7:30 AM       GRIEF PROCESS         YOUR TOMORROWS"       8:30 AM       GRIEF PROCESS         RALPH MARSTON       8:30 AM       ANGER, SANNESS, AND         9:00 AM       9:30 AM       BEREAVEMENT IS         9:00 AM       DIFFICULT, WORKING       DIFFICULT, WORKING         9:30 AM       BEREAVEMENT IS       BEREAVEMENT IS         10:30 AM       DIFFICULT, WORKING       DIFFICULT, WORKING         10:30 AM       THROUGH THE ENTIRE       PROCESS OFTEN LEADS         11:30 AM       OFTEN RESIST THE       BEREAVEMENT PROCESS         APPLY TO MY LIFE       12:30 PM       OFTEN RESIST THE         2:30 PM       3:30 PM       THOUGHTS ABOUT THE         2:30 PM       3:30 PM       CONCEPT OF THE DAT:         3:30 PM       THOUGHTS ABOUT THE       CONCEPT OF THE DAT:         3:30 PM       THOUGHTS ABOUT THE       CONCEPT OF THE DAT:         3:30 PM       THOUGHTS ABOUT THE       CONCEPT OF THE DAT:         3:30 PM       THOUGHTS ABOUT THE       THE DAT:         3:30 PM       THOUGHTS ABOUT THE		DAY DATE	MONTH YEAR	
"WHAT YOU DO TODAY CAN       6:00 AM       THE EXPERIENCE OF LOSING SOMEONE THAT         IMPROVE ALL OF YOUR TOMORROWS"       7:00 AM       THIC EXPERIENCE OF LOSING SOMEONE THAT         RALPH MARSTON       8:00 AM       GRIEF PROCESS INCLUDING DENIAL, ANGER, SADNESS, AND         BOO AM       ANGER, SADNESS, AND         BOO AM       DIFFICULT, WORKING         BEREAVEMENT IS       DIFFICULT, WORKING         BEREAVEMENT IS       DIFFICULT, WORKING         BEREAVEMENT PROCESS       THOUGH THE ENTIRE         APPLY TO MY LIFE       12:30 PM         1:30 PM       OFTEN RESIST THE         BEREAVEMENT PROCESS       IN REGARDS TO LOSSES         1:30 PM       THOUGHTS ABOUT THE         2:30 PM       THOUGHTS ABOUT THE         3:30 PM       SOO PM         5:30 PM       SOO PM         8:30 PM       SOO PM         9:30 PM <td></td> <td>5:00 AM</td> <td>•</td> <td>7</td>		5:00 AM	•	7
"WHAT YOU DO       6:00 AM       THE EXPERIENCE OF         TODAY CAN       7:00 AM       TYPICALLY INCLUDES A         IMPROVE ALL OF       7:30 AM       GRIEF PROCESS         YOUR TOMORROWS"       8:00 AM       ANGER, SADNESS, AND         B:30 AM       9:00 AM       ANGER, SADNESS, AND         9:30 AM       9:00 AM       ACCEPTANCE. WHILE         9:30 AM       9:00 AM       DIFFICULT, WORKING         10:30 AM       THOUGH THE ENTIRE       BERBAVEMENT IS         11:30 AM       TO ULTIMATE RELIEF AN       OFTEN RESIST THE         11:30 AM       TO ULTIMATE RELIEF AN       OFTEN RESIST THE         APPLY TO MY LIFE       12:30 PM       OFTEN RESIST THE         3:00 PM       INCURRED IN COMBAT.       INCURRED IN COMBAT.         2:30 PM       3:300 PM       INCURRED IN COMBAT.         3:30 PM       THOUGHTS ABOUT THE       CONCEPT OF THE DAY:         3:30 PM       5:30 PM       INCURRED IN COMBAT.         3:30 PM       THOUGHTS ABOUT THE       CONCEPT OF THE DAY:         3:30 PM       THOUGHTS ABOUT THE       S:00 PM         6:30 PM       INCURRED IN COMBAT.       S:00 PM         6:30 PM       INCURRED IN COMBAT.       S:00 PM         8:30 PM       INCURENT		5:30 AM		"REREAVEMENT"
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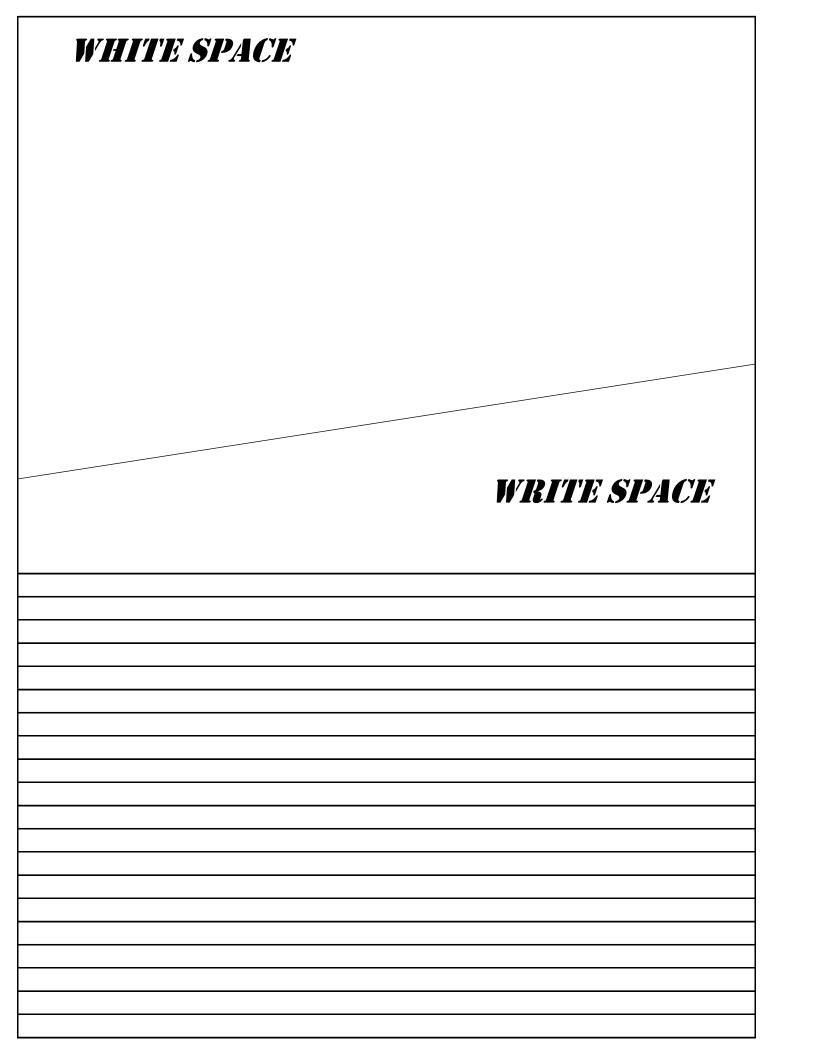
				CONCEPT OF THE DAY
	DAY	DATE	MONTH Y	EAR
	5:00 AM			
"SHALLOW MEN	5:30 AM			
	6:00 AM			"COGNITIVE"
BELIEVE IN LUCK.	6:30 AM			REFERS TO THINKING,
STRONG MEN	7:00 AM			IMAGINING, AND
BELIEVE IN CAUSE	7:30 AM			REASONING. COGNITIVI
AND EFFECT." -	8:00 AM			ACTIONS AND
RALPH WALDO	8:30 AM			COGNITIONS ARE NECESSARY FOR A
EMERSON	9:00 AM			VETERAN TO BECOME
	9:30 AM			AWARE OF THE PURPOS
	10:00 AM			BEHIND THEIR ACTIONS
	10:30 AM			DECIDE IF THOSE
	11:00 AM			ACTIONS ARE
	11:30 AM			CONSISTENT WITH THEI
HOW DOES THIS QUOTE	12:00 PM			CORE BELIEFS, AND
APPLY TO MY LIFE	12:30 PM			DECIDE IF THEY WANT TO
TODAY?	1:00 PM			KEEP OR CHANGE THOS
	1:30 PM			BELIEFS.
	2:00 PM			
	2:30 PM			
	3:00 PM			
	3:30 PM			THOUGHTS ABOUT THE
	4:00 PM			CONCEPT OF THE DAY:
	4:30 PM			
	5:00 PM			
	5:30 PM			
	6:00 PM			
	6:30 PM			
	7:00 PM			
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	9:00 PM			
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	11:00 PM		· · · · · · · · · · · · · · · · · · ·	
WHAT WENT RIGHT I	IN MY WORLD	TODAY?	WHAT WENT	WRONG IN THE WORLD TODAY?
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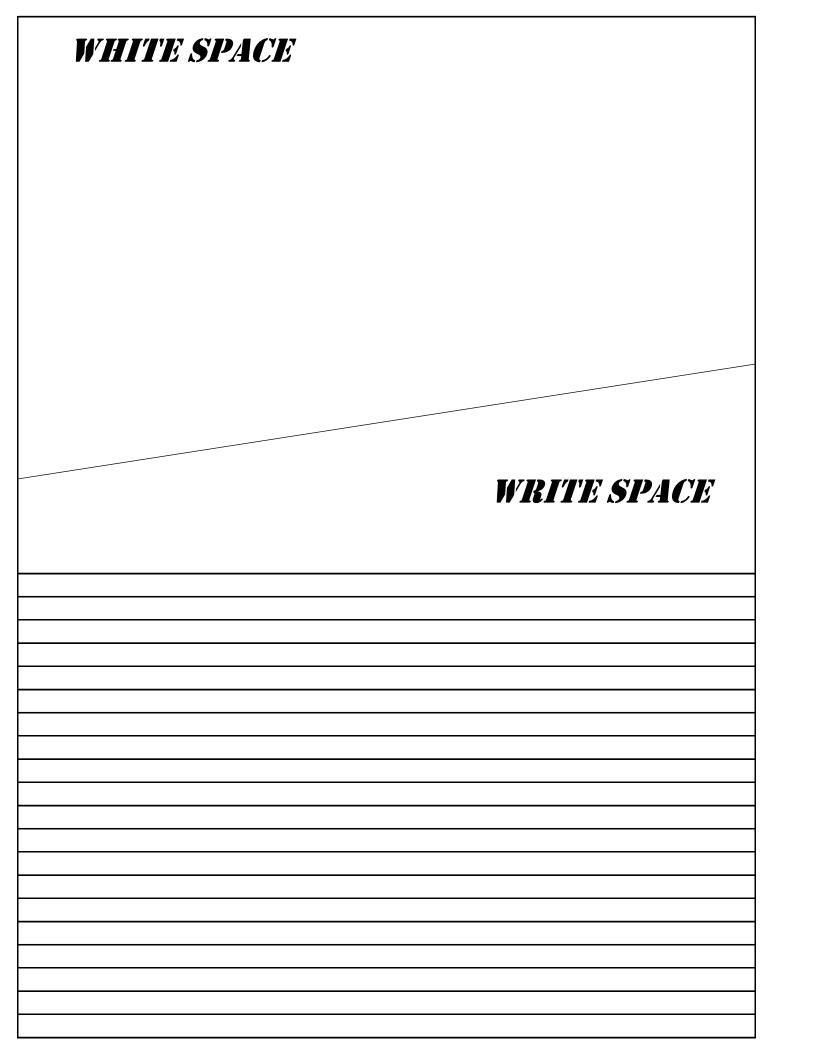
					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	
TF YOU THINK	5:00 AM				
YOU CAN DO A	5:30 AM				"HABITUATION"
	6:00 AM				THE NOTION THAT MORE
THING, OR	6:30 AM				AND MORE OF A GIVEN
THINK YOU	7:00 AM				SUBSTANCE OR
	7:30 AM				BEHAVIOR MUST BE USEI
CAN'T DO A	8:00 AM				OR PERFORMED IN ORDER TO PRODUCE THE
THING, YOU'RE	8:30 AM				- SAME EFFECT. OFTEN
RIGHT'' -	9:00 AM				- SEEN WITH SUBSTANCE
	9:30 AM				USE OR EXTERNAL
HENRY FORD	10:00 AM				BEHAVIORS. AT FIRST,
	10:30 AM				— OWNING A GUN CAN MAKI
	11:00 AM				A VETERAN FEEL SAFE;
	11:30 AM				LATER, THE SAFE
HOW DOES THIS QUOTE	12:00 PM				FEELING ONLY COMES IF
APPLY TO MY LIFE TODAY?	12:30 PM				THE WEAPON IS IN THEII
IUDAY?	1:00 PM				VEHICLE, AND EVEN
	1:30 PM				LATER, WHEN IT IS
	2:00 PM				CARRIED AT ALL TIMES.
	2:30 PM 3:00 PM				
	3:30 PM 3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				
	5:00 PM				-
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WHAT WENT RIGHT I	N MY WORLD 1	'ODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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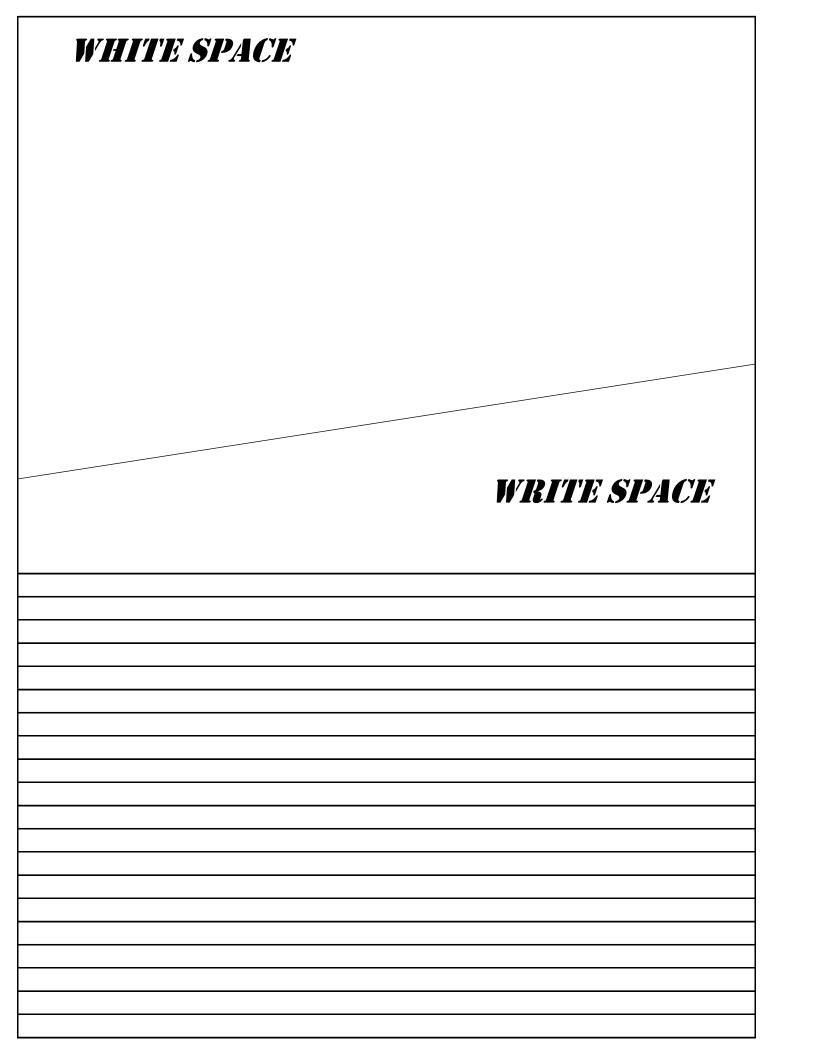
			CONCEPT OF THE DAY
	DAY DATE	MONTH YEAR	
	5:00 AM		7
	5:30 AM		7
	6:00 AM		"EMOTIONAL DEADNESS"
"AN OUNCE OF	6:30 AM		A CONDITION IN WHICH
ACTION IS WORTH A	7:00 AM		SOMEONE IS NOT AWARI
TON OF THEORY" -	7:30 AM		OF THEIR FEELINGS OR
RALPH WELD	8:00 AM		CHOOSES TO IGNORE
<b>EMERSON</b>	8:30 AM		THEM. OFTEN A
	9:00 AM		<ul> <li>CONSEQUENCE OF</li> <li>EXPOSURE TO COMBAT,</li> </ul>
	9:30 AM		OR REPEATED
	10:00 AM		DEPLOYMENTS, IN WHICH
	10:30 AM		A VETERAN NEEDED TO
	11:00 AM		DEADEN THEIR EMOTION
	11:30 AM		IN ORDER TO PERFORM
HOW DOES THIS QUOTE	12:00 PM		THE MISSION. THE
APPLY TO MY LIFE	12:30 PM		EMOTIONAL DEADNESS
TODAY?	1:00 PM		OFTEN REMAINS UPON
	1:30 PM		RETURN.
	2:00 PM		
	2:30 PM		
	3:00 PM		
	3:30 PM		THOUGHTS ABOUT THE
	4:00 PM		CONCEPT OF THE DAY:
	4:30 PM		
	5:00 PM		
	5:30 PM		
	6:00 PM		
	6:30 PM		
	7:00 PM		
	7:30 PM		
	8:00 PM		
	8:30 PM		
	9:00 PM		
	9:30 PM		
	10:00 PM		
	10:30 PM		
	11:00 PM		
_	IN MY WORLD TODAY?	WHAT WENT WRONG	G IN THE WORLD TODAY?
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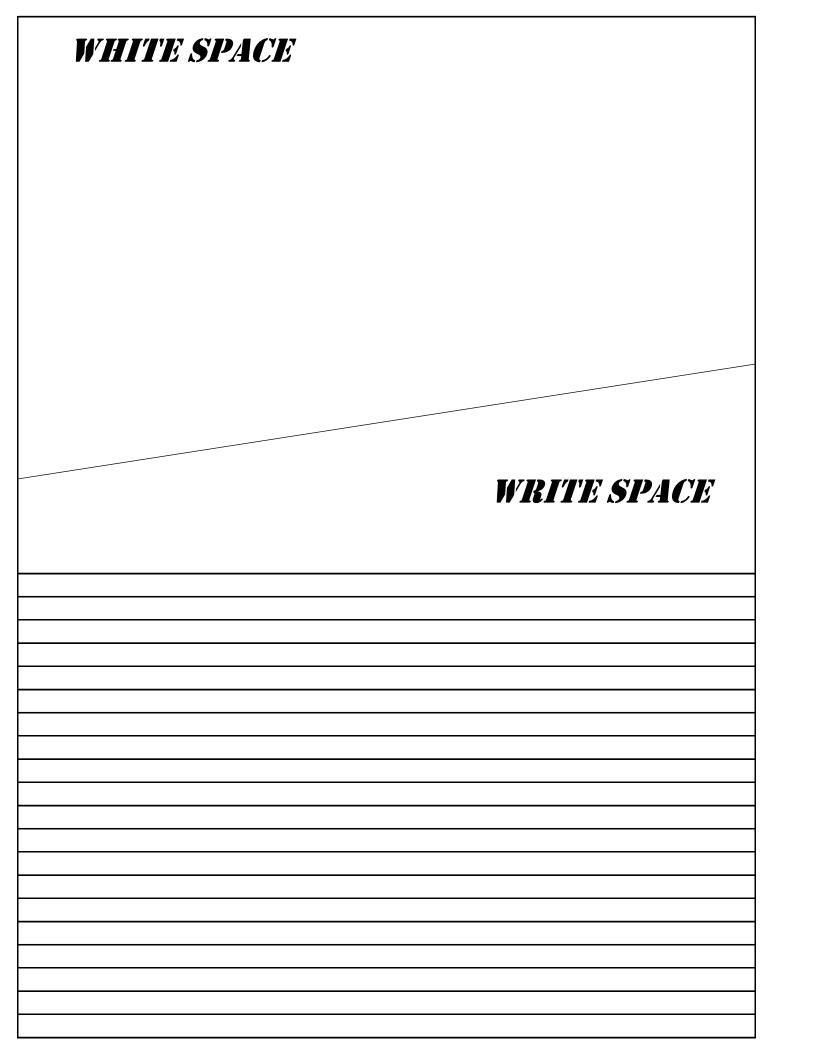
					CONCEPT OF THE DAY
"PULL THE	DAY	DATE	MONTH	YEAR	
STRING, AND IT	5:00 AM				
•	5:30 AM				"RUMINATION"
WILL FOLLOW	6:00 AM				A CONDITION IN WHICH
WHEREVER YOU	6:30 AM				THE PERSON KEEPS HAVING THE SAME
WISH. PUSH THE	7:00 AM				THOUGHT OVER AND
STRING, AND IT	7:30 AM				- OVER AND CONTINUES TO
	8:00 AM				DWELL ON IT. MANY
WILL GO	8:30 AM				TIMES, VETERANS
NOWHERE AT	9:00 AM 9:30 AM				RUMINATE OVER
ALL." DWIGHT D.	9:30 AM 10:00 AM				- CURRENT CONCERNS,
EISENHOWER	10:00 AM 10:30 AM				REGRETS OVER PAST
	10.00 AM 11:00 AM				ACTIONS, OR ANXIETY
	11:30 AM				OVER FUTURE EVENTS.
HOW DOES THIS QUOTE	12:00 PM				RUMINATION IS CONNECTED TO
APPLY TO MY LIFE	12:30 PM				DEPRESSED FEELINGS
TODAY?	1:00 PM				AND CAN DEVELOP INTO
	1:30 PM				AN UNHEALTHY COPING
	2:00 PM				MECHANISM.
	2:30 PM				
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				_
	5:00 PM				_
	5:30 PM				-
	6:00 PM				-
	6:30 PM				-
	7:00 PM 7:30 PM				-
	7:30 PM 8:00 PM				-
	8:30 PM				-
	9:00 PM				
	9:30 PM				
	10:00 PM				-
	10:30 PM				-
	11:00 PM				
WHAT WENT RIGHT I 1	N MY WORLI	TODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
			1		
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			1		



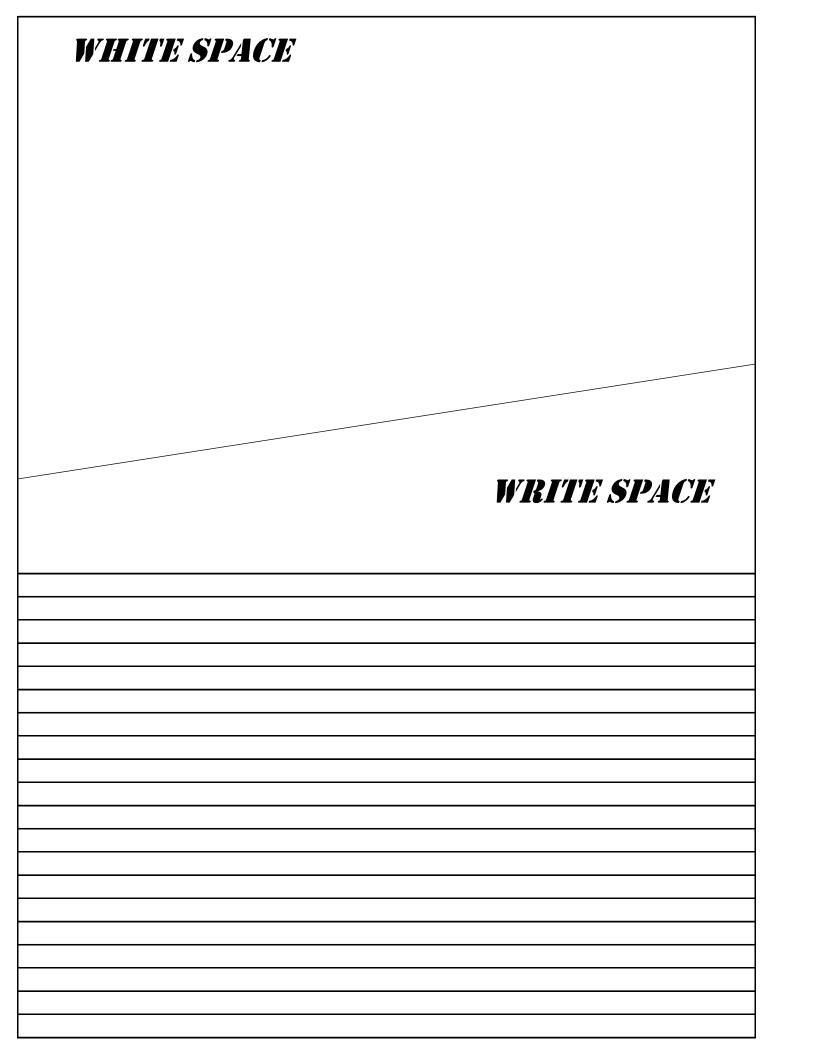
					CONCEPT OF THE DAY
FORCE YOUR HEART	DAY	DATE	MONTH	YEAR	
AND NERVE AND	5:00 AM				-
SINEW TO SERVE	5:30 AM				"THOUGHT STOPPING"
YOUR TURN LONG	6:00 AM				A TECHNIQUE IN WHICH
AFTER THEY ARE	6:30 AM				WE LEARN HOW TO
GONE, AND SO HOLD	7:00 AM				DELIBERATELY THINK
	7:30 AM				"STOP" WHEN THEY ARI
ON WHEN THERE IS	8:00 AM				ACTING IN A
NOTHING IN YOU	8:30 AM				DYSFUNCTIONAL
EXCEPT THE WILL	9:00 AM				— MANNER, OR THOUGHTS — ARE GETTING IN THE WA
WHICH SAYS TO	9:30 AM				OF ACCOMPLISHING
THEM, "HOLD ON!" -	10:00 AM				WHAT WE WANT. THE
RUDYARD KIPLING	10:30 AM				GOAL OF THOUGHT
	11:00 AM				STOPPING IS TO BE ABL
	11:30 AM				TO STOP THE THOUGHT
HOW DOES THIS QUOTE	12:00 PM				TEMPORARILY;
APPLY TO MY LIFE	12:30 PM				RETURNING TO THE
TODAY?	1:00 PM				THOUGHT AT A MORE
	1:30 PM				APPROPRIATE TIME IS
	2:00 PM				CRITICAL.
	2:30 PM				
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				-
	5:00 PM				
	5:30 PM				
	6:00 PM				
	6:30 PM				-
	7:00 PM				
	7:30 PM				-
	8:00 PM				
	8:30 PM				
	9:00 PM				
	9:30 PM				
	10:00 PM				
	10:30 PM				
	11:00 PM				
WHAT WENT RIGHT I	N MY WORLD T	ODAY?	WHAT WI	ENT WRONG	G IN THE WORLD TODAY?
B					



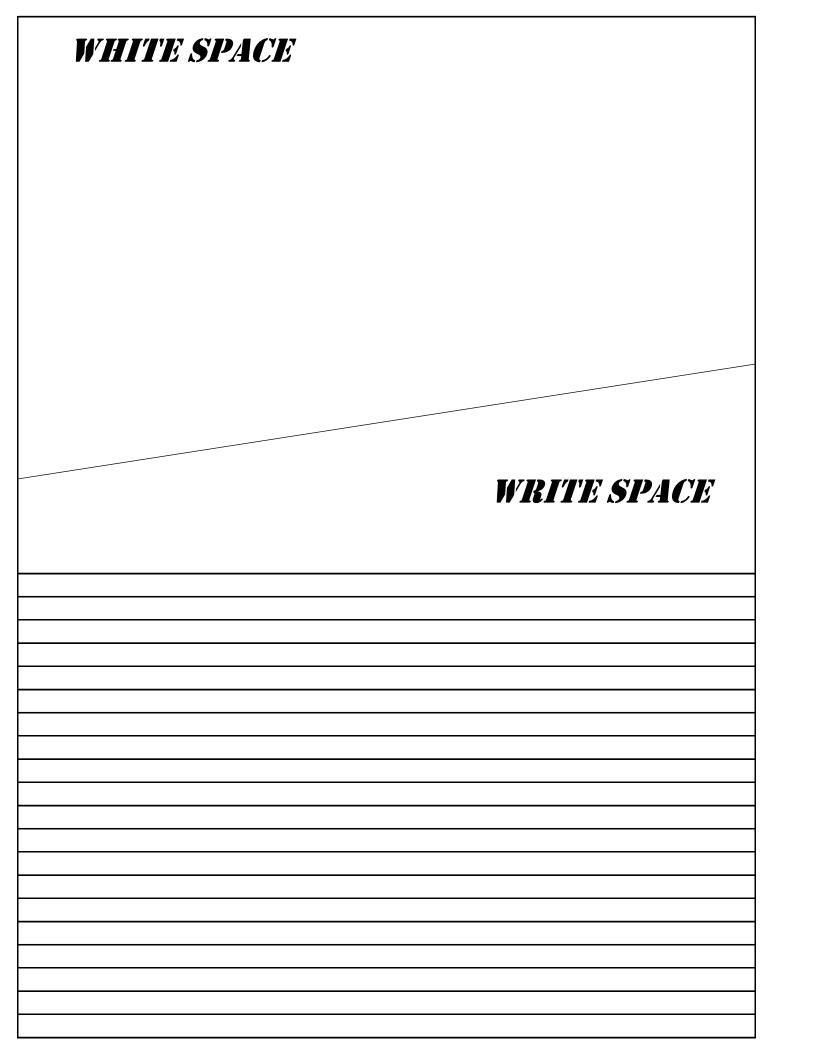
							CONCEPT OF THE DAY
	DAY		DATE	MONT	H	YEAR	
"BEFORE WE	5:00 AM						
ACQUIRE GREAT	5:30 AM						
-	6:00 AM						"INCONGRUENT
POWER WE MUST	6:30 AM						BEHAVIOR" USED TO CHARACTERIZ
ACQUIRE	7:00 AM						SOMEONE WHO IS NOT
WISDOM TO USE	7:30 AM						ACTING IN ACCORDANCE
	8:00 AM						WITH THEIR TRUE
IT WELL." -	8:30 AM						BELIEFS OR FEELINGS.
RALPH WELD	9:00 AM						REPEATED EXPOSURE T
<b>EMERSON</b>	9:30 AM 10:00 AM						— COMBAT CAN SOMETIME
	10:00 AM 10:30 AM						CHANGE WHAT WE
	10.30 AM 11:00 AM						BELIEVE ABOUT
	11:30 AM						OURSELVES, OTHERS,
HOW DOES THIS QUOTE	12:00 PM						AND THE WORLD, AND W
APPLY TO MY LIFE	12:30 PM						THOSE CHANGED BELIEF
TODAY?	1:00 PM						RATHER THAN OUR
	1:30 PM						ORIGINAL BELIEFS.
	2:00 PM						
	2:30 PM						
	3:00 PM						
	3:30 PM						THOUGHTS ABOUT THE
	4:00 PM						CONCEPT OF THE DAY:
	4:30 PM						
	5:00 PM						
	5:30 PM						
	6:00 PM						
	6:30 PM						
	7:00 PM						_
	7:30 PM						_
	8:00 PM						_
	8:30 PM						-
	9:00 PM						_
	9:30 PM 10:00 PM						-
	10:00 PM 10:30 PM						-
	10:30 PM 11:00 PM						-
WHAT WENT RIGHT I		) TOI	DAY?	WH	AT WE	ENT WRONG	IN THE WORLD TODAY?
l							
				4			
2				-			
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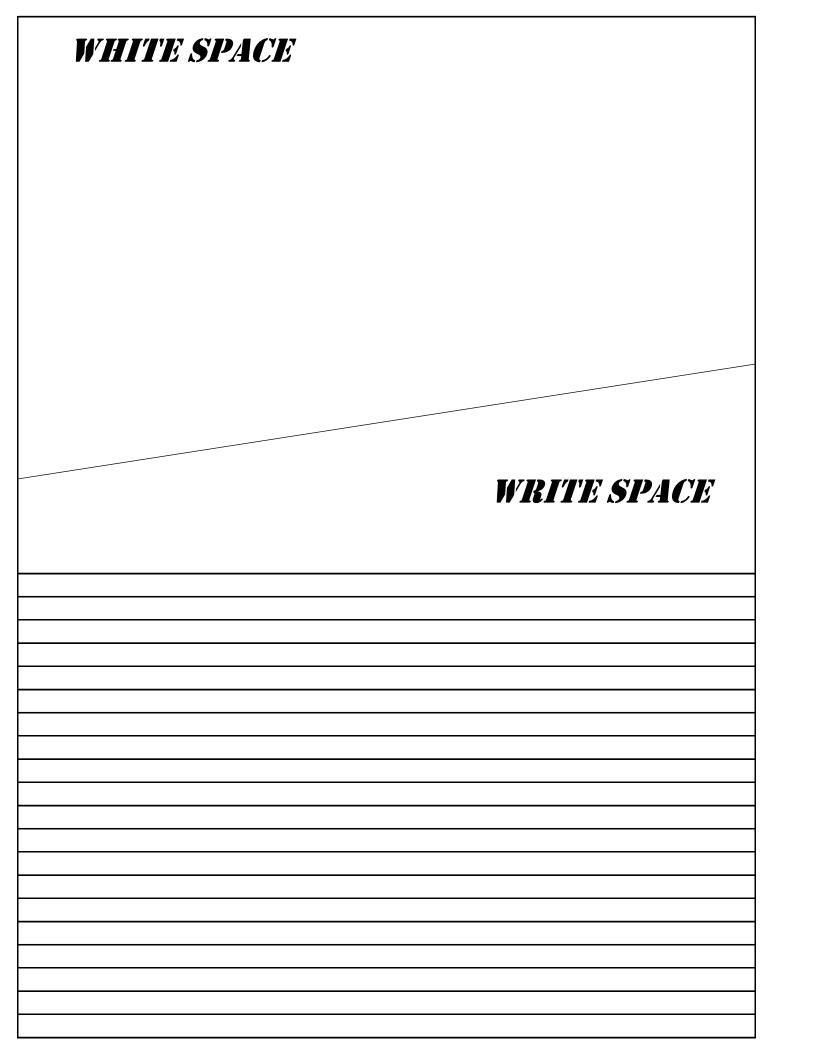
			CONCEPT OF THE DAY
	DAY DATE	MONTH YEAR	
"WHEN EATING	5:00 AM		
	5:30 AM		"MODELING"
AN ELEPHANT,	6:00 AM		A TERM WHICH ASSERTS
TAKE ONE	6:30 AM		THAT LEARNING CAN
	7:00 AM		OCCUR BY IMITATION OF
BITE AT A	7:30 AM		BY WATCHING SOMEONI
<b>TIME.</b> " -	8:00 AM		ELSE WHO IS
-	8:30 AM		REINFORCED FOR
CREIGHTON	9:00 AM		BEHAVING IN A
ABRAMS	9:30 AM		PARTICULAR MANNER.
ADRAMS	10:00 AM		BOTH APPROPRIATE AN
	10:30 AM		INAPPROPRIATE
	11:00 AM		BEHAVIOR CAN BE
	11:30 AM		LEARNED BY OBSERVING
HOW DOES THIS QUOTE	12:00 PM		THE BEHAVIOR OF
APPLY TO MY LIFE	12:30 PM		OTHERS, AND IS OFTEN
TODAY?	1:00 PM		HOW MILITARY
	1:30 PM		CULTURAL NORMS ARE PASSED ON.
	2:00 PM		PASSED UN.
	2:30 PM		
	3:00 PM		
	3:30 PM		THOUGHTS ABOUT THE
	4:00 PM		CONCEPT OF THE DAY:
	4:30 PM		_
	5:00 PM		_
	5:30 PM		_
	6:00 PM		_
	6:30 PM		_
	7:00 PM		_
	7:30 PM		_
	8:00 PM		_
	8:30 PM		_
	9:00 PM		_
	9:30 PM		_
	10:00 PM		_
	10:30 PM		_
	11:00 PM		
WHAT WENT RIGHT I	N MY WORLD TODAY?	WHAT WENT WRONG	IN THE WORLD TODAY?
1		_	
		4	
<u>a</u>		4	
2		_	
		4	
9		4	
3		4	



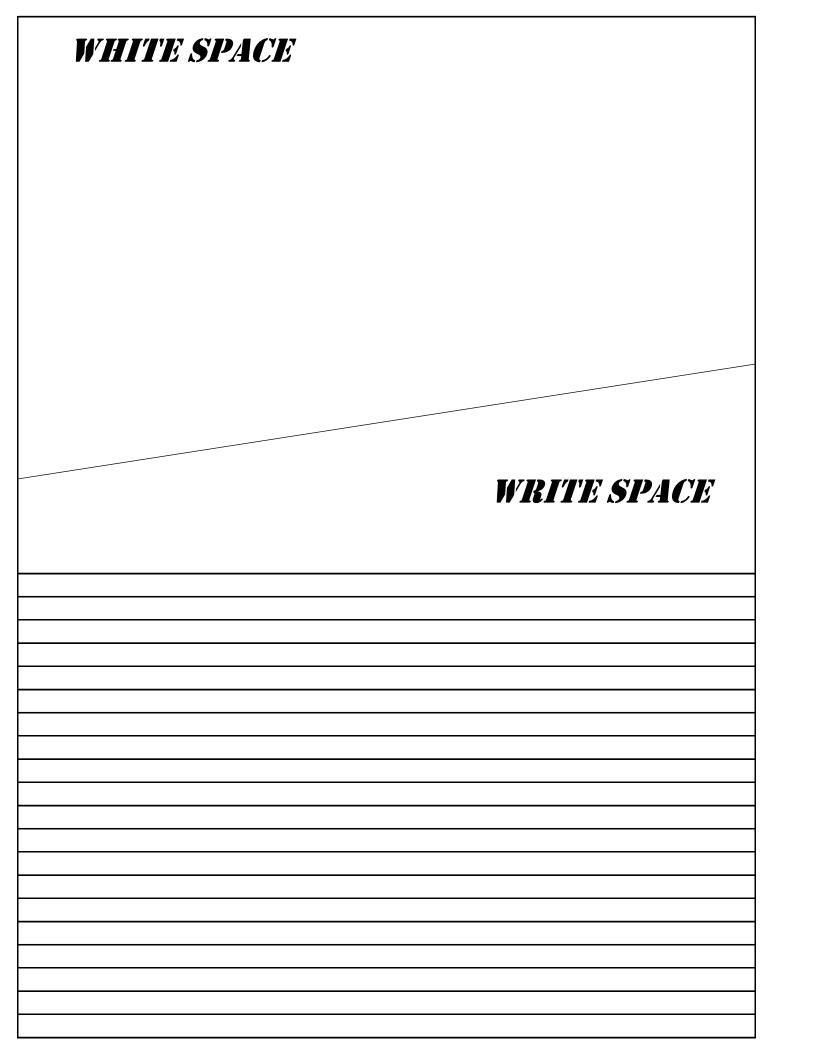
"WHEN YOU REACH THE END OF YOUR ROPE, TIE A KNOT IN IT ND HANG ON." -THOMAS	9:00 AM	DATE	MONTH	YEAR	"ENTITLEMENT" THE IDEA THAT AN INDIVIDUAL SHOULD
REACH THE END OF YOUR ROPE, THE A KNOT IN IT ND HANG ON."	5:30 AM 6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM				THE IDEA THAT AN INDIVIDUAL SHOULD
END OF YOUR ROPE, THE A KNOT IN IT ND HANG ON."	6:00 AM 6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM				THE IDEA THAT AN INDIVIDUAL SHOULD
ROPE, TIE A KNOT IN IT ND HANG ON."	6:30 AM 7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM				INDIVIDUAL SHOULD
ROPE, TIE A KNOT IN IT ND HANG ON."	7:00 AM 7:30 AM 8:00 AM 8:30 AM 9:00 AM				
KNOT IN IT ND HANG ON."	7:30 AM 8:00 AM 8:30 AM 9:00 AM				RECEIVE GOODS,
KNOT IN IT ND HANG ON."	8:00 AM 8:30 AM 9:00 AM				SERVICES, OR SPECIAL
IND HANG ON."	8:30 AM 9:00 AM				<b>CONSIDERATION DUE TO</b>
	9:00 AM				THEIR STATUS OR
	9:00 AM				PREVIOUS ACTIONS.
	0.00 11				MOST VETERANS WILL
	9:30 AM				DENY THE FACT THAT
JEFFERSON	10:00 AM				THEY FEEL ENTITLED,
	10:30 AM				BUT ALSO EXPERIENCE
	11:00 AM				ANGER AND FRUSTRATION WHEN
	11:30 AM				THEIR SACRIFICE IS NO
HOW DOES THIS QUOTE	12:00 PM				ACKNOWLEDGED. BEING
APPLY TO MY LIFE	12:30 PM				AWARE OF FEELINGS OF
TODAY?	1:00 PM				ENTITLEMENT IS THE
	1:30 PM				BEST WAY TO AVOID A
	2:00 PM				SENSE OF ENTITLEMENT
	2:30 PM				-
	3:00 PM 3:30 PM				THOUGHTS ABOUT THE
	3:30 PM 4:00 PM				CONCEPT OF THE DAY:
	4:00 PM 4:30 PM				
	4:30 PM 5:00 PM				-
	5:30 PM				-
	6:00 PM				
	6:30 PM				
	7:00 PM				
	7:30 PM				
	8:00 PM				
	8:30 PM				
	9:00 PM				
	9:30 PM				
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	11:00 PM				
WHAT WENT RIGHT		ODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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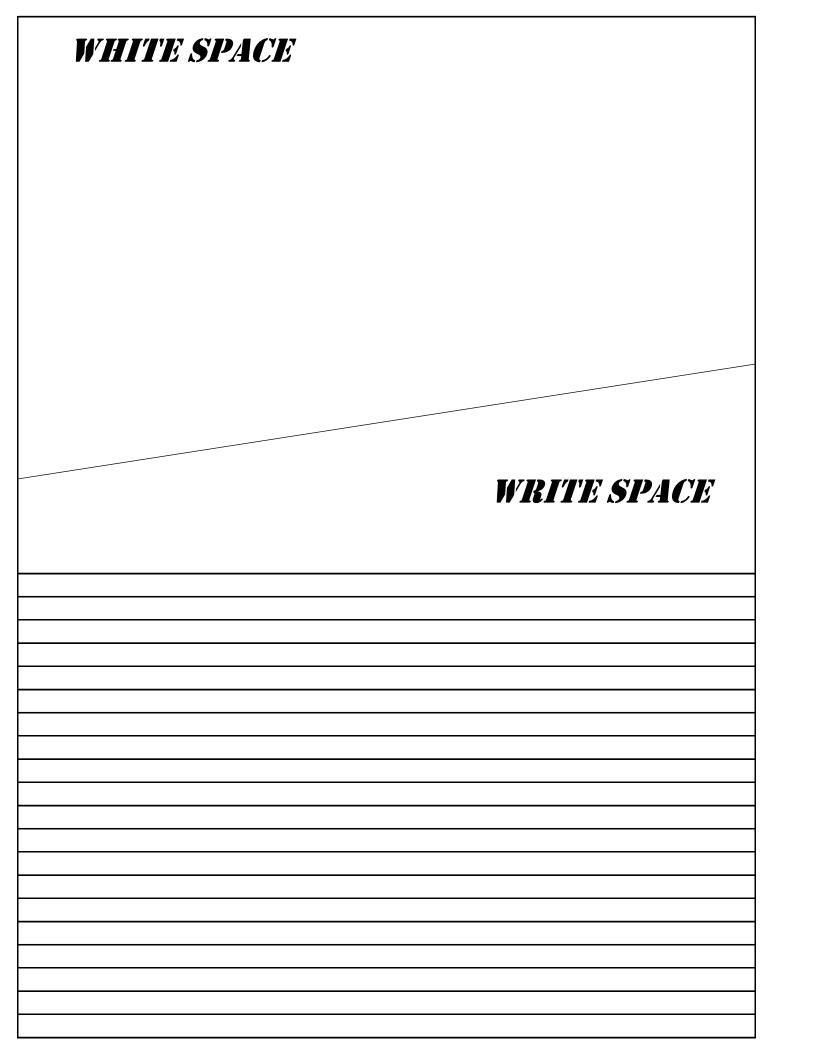
					CONCEPT OF THE DAY
<i>"VICTORIOUS</i>	DAY	DATE	MONTH	YEAR	
WARRIORS WIN	5:00 AM	•			UEDUCTIVE REASONING
FIRST AND THEN	5:30 AM				THE PROCESS OF
	6:00 AM				FORMING A SPECIFIC
GO TO WAR,	6:30 AM				HYPOTHESIS OR HUNCH
WHILE	7:00 AM				FROM GENERAL
DEFEATED	7:30 AM				PRINCIPLES. SOMETIME
	8:00 AM				DEDUCTIVE REASONING
WARRIORS GO TO	8:30 AM				CAN BE BASED ON
WAR FIRST THEN	9:00 AM				INACCURATE BELIEFS, CAUSING UNACCEPTABL
SEEK TO WIN." -	9:30 AM 10:00 AM				RESPONSES. IF SOMEON
	10:00 AM 10:30 AM				BELIEVES THAT EVERY
SUN TZU	10:30 AM 11:00 AM				MEMBER OF A CERTAIN
	11:30 AM				GROUP ACTS IN A
HOW DOES THIS QUOTE	12:00 PM				CERTAIN WAY, THEN
APPLY TO MY LIFE	12:30 PM				THEY WILL ASSUME THA
TODAY?	1:00 PM				ANY MEMBER OF THAT
·	1:30 PM				GROUP THEY MEET THA
	2:00 PM				THEY WILL ACT IN THAT
	2:30 PM				WAY
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				
	5:00 PM				
	5:30 PM				
	6:00 PM				_
	6:30 PM				
	7:00 PM				_
	7:30 PM				_
	8:00 PM				_
	8:30 PM 9:00 PM				_
	9:00 PM 9:30 PM				-
	<b>3.30 PM</b> <b>10:00 PM</b>				-
	10:30 PM				-
	11:00 PM				-
WHAT WENT RIGHT I		TODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
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3			]		
			1		



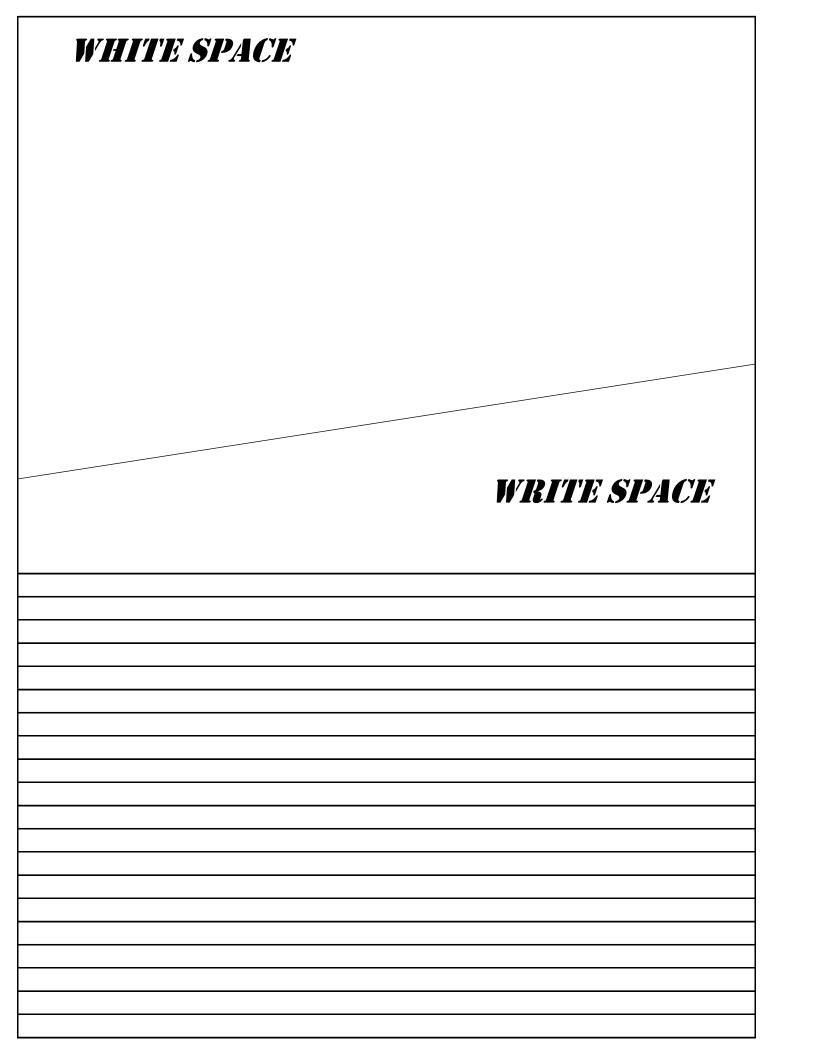
"PAIN IS						CONCEPT OF THE DAY
TEMPORARY. IT MAY	DAY		DATE	MONTH	YEAR	
	5:00 AM					
LAST A MINUTE, OR	5:30 AM					"STIMULUS
AN HOUR, OR A DAY, OR A YEAR, BUT	6:00 AM					GENERALIZATION"
	6:30 AM	O AM			OCCURS WHEN A	
EVENTUALLY IT WILL	7:00 AM					STIMULUS THAT IS
SUBSIDE AND	7:30 AM					SIMILAR TO A LEARNED
SOMETHING ELSE	8:00 AM					RESPONSE ELICITS THE
WILL TAKE ITS	8:30 AM					SAME RESPONSE. A
PLACE. IF I QUIT,	9:00 AM					VETERAN WHO HAS AN
HOWEVER, IT LASTS	9:30 AM					APPROPRIATE REACTION
FOREVER, 11 LASIS	10:00 AM					TO EXPLOSIONS OR
	10:30 AM					GUNFIRE IN COMBAT, FO
ARMSTRONG	11:00 AM					EXAMPLE, RETURNS TO
	11:30 AM					CIVILIAN LIFE AND FIND
HOW DOES THIS QUOTE	12:00 PM					THAT ANY LOUD NOISE,
APPLY TO MY LIFE	12:30 PM					SUCH AS A BOX FALLING
TODAY?	1:00 PM					OR THUNDER, MAKES
	1:30 PM					THEM FEEL THE SAME
	2:00 PM					WAY.
	2:30 PM					
	3:00 PM					
	3:30 PM					THOUGHTS ABOUT THE
	4:00 PM					CONCEPT OF THE DAY:
	4:30 PM					
	5:00 PM					
	5:30 PM					
	6:00 PM					
	6:30 PM					
	7:00 PM					
	7:30 PM					
	8:00 PM					
	8:30 PM					
	9:00 PM					_
	9:30 PM					_
	10:00 PM					_
	10:30 PM					
	11:00 PM					
WHAT WENT RIGHT I	N MY WORLD	) TOD	AY?	WHAT '	WENT WRONG	IN THE WORLD TODAY?
<u> </u>						
				1		
2				]		
3				4		
·						



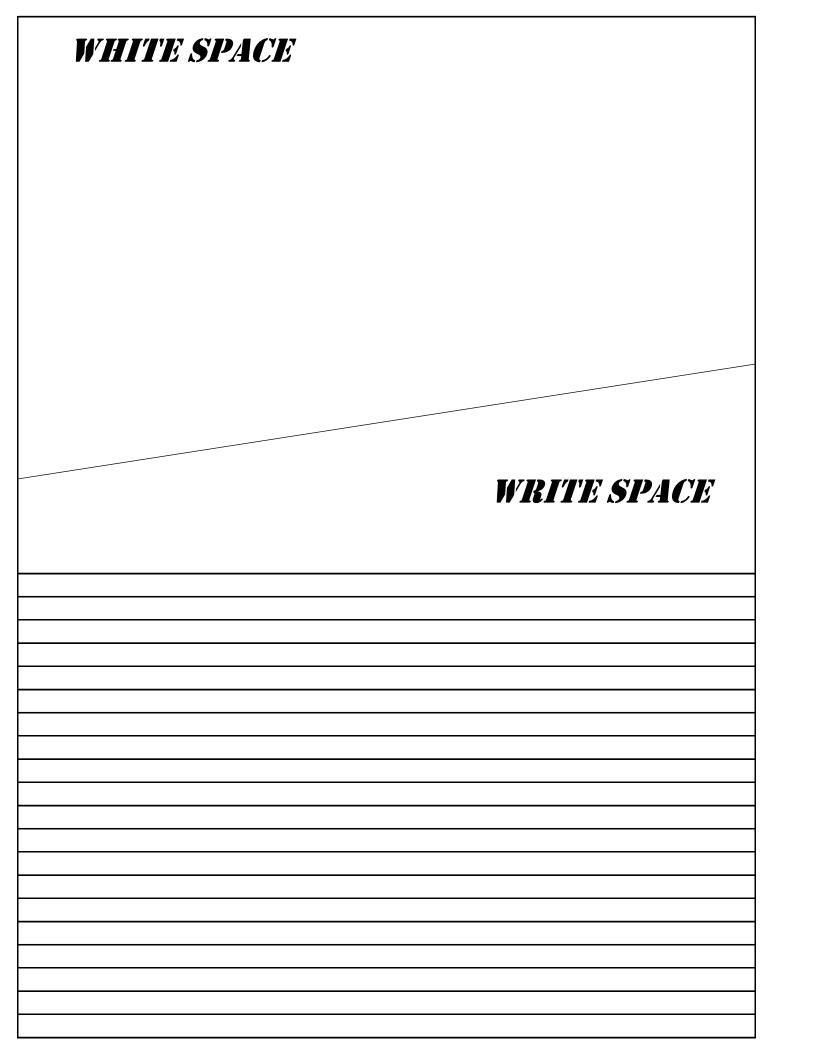
"NO PERSON			CONCEPT OF THE DAY
WILL MAKE A	DAY DAT	E MONTH YEAR	
GREAT	5:00 AM		
<i>~</i>	5:30 AM		
BUSINESS WHO			"TRANSCEND"
WANTS TO DO	6:30 AM		TO GO BEYOND OR
	7:00 AM		SURPASS ONE'S CURRENT
IT ALL	7:30 AM		LEVEL OF FUNCTIONING.
HIMSELF OR	8:00 AM		OFTEN, VETERANS FIND
	8:30 AM		THAT WORKING WITH A
GET ALL THE	9:00 AM 9:30 AM		THERAPIST CAN HELP THEM MOVE BEYOND
CREDIT." -	9:30 AM 10:00 AM		THEM MOVE BETOND
ANDREW	10:30 AM		DIFFICULTIES IN LIFE
	10:30 AM 11:00 AM		AREAS IN GENERAL; THEY
CARNEGIE	11:30 AM		ARE THOUGHT TO THEN
HOW DOES THIS QUOTE	12:00 PM		HAVE TRANSCENDED
APPLY TO MY LIFE	12:30 PM		THEIR PREVIOUS
TODAY?	1:00 PM		ANXIOUS OR AGITATED
	1:30 PM		STATE.
	2:00 PM		7
	2:30 PM		7
	3:00 PM		
	3:30 PM		THOUGHTS ABOUT THE
	4:00 PM		CONCEPT OF THE DAY:
	4:30 PM		_
	5:00 PM		_
	5:30 PM		_
	6:00 PM		_
	6:30 PM		_
	7:00 PM		_
	7:30 PM		-
	8:00 PM 8:30 PM		-
	8:30 PM 9:00 PM		-
	9:30 PM		-
	10:00 PM		-
	10:30 PM		4
	11:00 PM		-1
WHAT WENT RIGHT   1	IN MY WORLD TODAY?	WHAT WENT WRONG	IN THE WORLD TODAY?
2			
3			



			CONCEPT OF THE DAY
	DAY DATI	MONTH YEAR	
	5:00 AM		"HYPER-VIGILANCE"
	5:30 AM		A TERM USED TO
LEAP, AND THE	6:00 AM		INDICATE THAT A
	6:30 AM		VETERAN IS
NET WILL	7:00 AM		CONTINUALLY STUDYING
APPEAR."	7:30 AM		THEIR SURROUNDINGS
-JOHN	B:00 AM		FOR THREATENING
	B:30 AM		STIMULI. WHILE
BURROUGHS	9:00 AM		MAINTAINING A
ę	9:30 AM		HEIGHTENED SENSE OF
1	0:00 AM		AWARENESS WAS
1	0:30 AM		PROTECTIVE WHILE
1	1:00 AM		DEPLOYED, MAINTAINING
1	1:30 AM		THAT LEVEL OF
IOW DOES THIS QUOTE 1	2:00 PM		AWARENESS WHILE
APPLY TO MY LIFE 1	2:30 PM		TRYING TO GET BACK
TODAY?	1:00 PM		INTO LIFE HOME IS OFTEN
]	1:30 PM		A BARRIER TO
2	2:00 PM		SUCCESSFUL REINTEGRATION.
2	2:30 PM		REINTEGRATION.
4) e	3:00 PM		
4 •	3:30 PM		THOUGHTS ABOUT THE
4	4:00 PM		<b>CONCEPT OF THE DAY:</b>
4	4:30 PM		
	5:00 PM		
	5:30 PM		
(	6:00 PM		
(	6:30 PM		
7	7:00 PM		
7	7:30 PM		
8	B:00 PM		
8	B:30 PM		
	9:00 PM		
	9:30 PM		1
	0:00 PM		
	0:30 PM		
	1:00 PM		
WHAT WENT RIGHT IN N	HY WORLD TODAY?	WHAT WENT WRONG	IN THE WORLD TODAY?
CEPT AND DEFINITION REPURLISHED WITI	II DERMICCIAN OF TAVI AB & EB J		



			CONCEPT OF THE DAY
	DAY DATE	MONTH YEAR	
"THE STRONG MAN	5:00 AM	· ·	
IS THE ONE WHO IS	5:30 AM		
ABLE TO	6:00 AM		"CONTAGION EFFECT"
INTERCEPT AT WILL	6:30 AM	REFERS TO A	
ТНЕ	7:00 AM		PHENOMENON THAT
COMMUNICATION	7:30 AM		OCCURS WHEN A HIGHLY
	8:00 AM		PUBLICIZED EVENT OR
BETWEEN THE	8:30 AM		<ul> <li>FAMOUS INDIVIDUAL</li> <li>ENGAGES IN SELF-</li> </ul>
SENSES AND THE	9:00 AM		DESTRUCTIVE BEHAVIOR
MIND." -NAPOLEON	9:30 AM		LEADING OTHERS TO
BONAPARTE	10:00 AM		MIMIC THE SAME SELF-
	10:30 AM		DESTRUCTIVE
	11:00 AM		BEHAVIORS. THIS OFTEN
	11:30 AM		HAPPENS WHEN
HOW DOES THIS QUOTE	12:00 PM		VETERANS SEE OR HEAR
APPLY TO MY LIFE	12:30 PM		OTHER VETERANS
TODAY?	1:00 PM		KILLING THEMSELVES O
	1:30 PM		HARMING OTHERS.
	2:00 PM		
	2:30 PM		
	3:00 PM		
	3:30 PM		THOUGHTS ABOUT THE
	4:00 PM		CONCEPT OF THE DAY:
	4:30 PM		_
	5:00 PM		_
	5:30 PM		_
	6:00 PM		_
	6:30 PM		_
	7:00 PM		_
	7:30 PM		_
	8:00 PM		4
	8:30 PM		_
	9:00 PM		4
	9:30 PM		4
	10:00 PM		_
	10:30 PM		
	11:00 PM		
WHAT WENT RIGHT I	N MY WORLD TODAY?	WHAT WENT WRONG	IN THE WORLD TODAY?
		1	
2		1	
		-	
3		4	
		1	
		4	



					CONCEPT OF THE DAY
"PREPARE FOR THE	DAY	DATE	MONTH	YEAR	
	5:00 AM				
UNKNOWN BY	5:30 AM				"GOAL"
STUDYING HOW	6:00 AM				A TARGET BEHAVIOR A
OTHERS IN THE	6:30 AM				PERSON WANTS OR
PAST HAVE COPED	7:00 AM				NEEDS TO REACH BY A
WITH THE	7:30 AM				CERTAIN DATE OR BY TH
	8:00 AM				- END OF TREATMENT. TH
UNFORESEEABLE	8:30 AM				THIS GOAL ARE
AND THE	9:00 AM				- GENERALLY CALLED
UNPREDICTABLE" -	9:30 AM				– OBJECTIVES. A VETERAN
GEORGE S. PATTON	10:00 AM				WHO HAS A GOAL OF
	10:30 AM				JOINING HIS FAMILY AT
	11:00 AM				FOURTH OF JULY
	11:30 AM				CELEBRATION MIGHT
HOW DOES THIS QUOTE	12:00 PM				HAVE AN OBJECTIVE OF
APPLY TO MY LIFE	12:30 PM				LEARNING TO BE
TODAY?	1:00 PM				COMFORTABLE IN
	1:30 PM				CROWDS, WITH LOUD
	2:00 PM				NOISES, ETC.
	2:30 PM				
	3:00 PM				
	3:30 PM				THOUGHTS ABOUT THE
	4:00 PM				CONCEPT OF THE DAY:
	4:30 PM				
	5:00 PM				_
	5:30 PM				_
	6:00 PM				_
	6:30 PM				
	7:00 PM				_
	7:30 PM				
	8:00 PM				_
	8:30 PM				_
	9:00 PM				_
	9:30 PM				_
	10:00 PM				_
	10:30 PM				
	11:00 PM				
WHAT WENT RIGHT I	N MY WORLD '	FODAY?	WHAT W	ENT WRONG	IN THE WORLD TODAY?
<u> </u>					
6					
2					
3					
ປ					

