The MindShift Game SCORECARD

WEEK

WEEK

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		1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
DAILY POINTS	TOTAL																												
Breathing Exercise (a.m., midday & p.m.) (1 point per time)	3																												
Visualizing & Celebration (a.m., midday & p.m.) (1 point per time)	3																												
Reading Cards (a.m., midday & p.m.) (1 point per time)	3																												
Actions (a.m., midday & p.m.) (2 points per action)	6																												
Journaling (a.m., midday & p.m.) (1 points per time)	3																											П	
On the go	3																												
Scorecard Recording	3																												
TOTAL POINTS	27																												
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BONUS ROUND																													
Bold Action(s) (3 points per action)	3																												
Recommended Routine	5																												
Mindfulness	3																												
Support System	3																												
Playing with a Partner (2 points per partner)	2																												
Playing with a Team Member (3 points per team member)	3																												
TOTAL POINTS	17																												
POINT SYSTEM MILESTONES																													
Bold Action(s)	3																												

WEEK

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(3 points per action)
Recommended Morning Ritual

(1 point per supporter)
Playing with a Partner

Playing with a Team Member

(3 points per team member)

Mindfulness

Support System

TOTAL POINTS

3

3

1

2

3

15