

Below is an example of some thoughts, emotions and experiences that I've recently written about in my journal. With some thoughts on whether they were past, present or future thoughts, as well as helpful or unhelpful.

PR - PRESENT
 F - FUTURE
 PA - PAST
 H - Helpful
 U - Unhelpful

Client work

F - How can I improve my work with C7, C10, C11
 f Do I need to improve or is it my quest for perfection?
 Pa Because they aren't performing brilliantly is that my issue?
 (H) F What is realistic for them right now?
 F Can I actually do more?
 Pa Or is there issues technical / tactical?

Here + Now

Pa The sky looks beautiful
 (H) " The pain in my leg is ok this morning
 " Let's relax into it and hold the thought
 " The roses in the garden are yellow
 " Grateful for a quiet breakfast
 " Loving the taste of mango + raspberry on my porridge

Anger

F When will I actually next play golf or go running this back injury is really annoying and ##### me off
 (U) F Do I just go for it between now and October and grit my teeth through the pain.
 Pa I've done it in the past and been ok.
 Running makes me feel so damn good too but its off the nerv. So do the SATC classes which annoys the hell out of me.
 (H) F So what can I do? Cycling, Yoga + Pilates.

Andy Murray

what a fightback yet through it his body language at times was awful.
 Interesting the way he pumps himself up with shouts + chants. He reminds me of Colin Montgomerie at times when he means like he was at his coach.
 Slows play down to the pace he wants.
 fight, heart, grit, perseverance, resilience, tough