

# Personal Input Evaluation

MONDAY



WHAT I LISTENED TO  
TODAY

---

---

---

---



HOW IT MADE ME FEEL

---

---

---

---



WHAT I WANT TO  
CHANGE

---

---

---

---

# Personal Input Evaluation

TUESDAY



WHAT I LISTENED TO  
TODAY

---

---

---

---



HOW IT MADE ME FEEL

---

---

---

---



WHAT I WANT TO  
CHANGE

---

---

---

---

# Personal Input Evaluation

WEDNESDAY



WHAT I LISTENED TO  
TODAY

---

---

---

---



HOW IT MADE ME FEEL

---

---

---

---



WHAT I WANT TO  
CHANGE

---

---

---

---

# Personal Input Evaluation

THURSDAY



WHAT I LISTENED TO  
TODAY

---

---

---

---



HOW IT MADE ME FEEL

---

---

---

---



WHAT I WANT TO  
CHANGE

---

---

---

---

# Personal Input Evaluation

FRIDAY



WHAT I LISTENED TO  
TODAY

---

---

---

---



HOW IT MADE ME FEEL

---

---

---

---



WHAT I WANT TO  
CHANGE

---

---

---

---

# Personal Input Evaluation

SATURDAY



WHAT I LISTENED TO  
TODAY

---

---

---

---



HOW IT MADE ME FEEL

---

---

---

---



WHAT I WANT TO  
CHANGE

---

---

---

---

# Personal Input Evaluation

SUNDAY



WHAT I LISTENED TO  
TODAY

---

---

---

---



HOW IT MADE ME FEEL

---

---

---

---



WHAT I WANT TO  
CHANGE

---

---

---

---