



Monthly Self-Improvement Through Self-Examination Worksheet

Instructions:

In the 'Maladaptive Trait' column for Week 1, please enter the four symptoms/personality traits that you would like to focus on for the month. In the same order, please repeat this list for Weeks 2 through 4. For each week, the trait in the blue cell will be the focus for that week. You will actively be working on making improvements in this area. At the end of the day mark an 'x' for each time you can recall falling short of the goal.

Please do not allow yourself to become discouraged. THIS IS NOT a tool to increase anxiety or to beat yourself up over. This is a way for you to increase mindfulness and awareness. If you so choose, you may hold yourself accountable to the goal by creating a modification behavior to implement if you are not satisfied with your weekly effort. Do not make this modification severe or unreasonable and do not obsess over shortcomings. It is important to not lose sight of the task of mindfulness. Do not treat this challenge as an opportunity to punish yourself. The focus should be on your successes.

WEEK 1

MALADAPTIVE TRAIT	SUN	MON	TUES	WED	THU	FRI	SAT
Punctuality							
Be open to being wrong							
Procrastination							
Inflexibility							
Modification or Reward:	Set alarm clock an additional 5 minutes earlier for each 'x' in blue column.						



WEEK 2

MALADAPTIVE TRAIT	SUN	MON	TUES	WED	THU	FRI	SAT
Punctuality							
Be open to being wrong							
Procrastination							
Inflexibility							
Modification or Reward:	Consume daily news stories and media from opposing sources for each 'x' in blue column.						

WEEK 3

MALADAPTIVE TRAIT	SUN	MON	TUES	WED	THU	FRI	SAT
Punctuality							
Be open to being wrong							
Procrastination							
Inflexibility							
Modification or Reward:	Avoid social networks for four hours for each 'x' in blue column.						



WEEK 4

MALADAPTIVE TRAIT	SUN	MON	TUES	WED	THU	FRI	SAT
Punctuality							
Be open to being wrong							
Procrastination							
Inflexibility							
Modification or Reward:	Do not refuse an invite for each 'x' in blue column.						

ADDITIONAL ITEMS TO BE MINDFUL OF:

- Be more involved with organizing, planning & problem solving
- Continue to strive for an early and productive start to the day
- Continue to make gym time as unintrusive into daily life as possible
- Minimize list making and increase task completion

Please visit [The OCPD Foundation](#) for more information.