

DAILY SMART Inside Journal

At the end of your day, and right after a daily routine (e.g., brushing your teeth), take 5 minutes to do a brief mental scroll through your

day, focusing on opportunities to learn that occurred. Then briefly record what you learned. What called you to learn? What new knowledge, skills, attitudes, creative ideas do you want to store in your brain and potentially use? Also, record any action ideas (To-Do's) that you may want to pursue. This will signal your unconscious to process your learning while you sleep. And you'll be a SMART-er learner overall!

DATE	KNOWLEDGE, SKILLS, ATTITUDES, CREATIVE IDEAS	Dots & Dates To Do Ideas