

## Choices Log

For this exercise, list the choices you make in what to wear each day.  
Record why you made that choice and what feelings resulted.

Day	Monday
I chose	fresh shirt with bright flowers
because	signaled start of new week
& I felt	cheerful & energised by colours happy to wear something I hadn't in a while looked professional for meeting

Day	Thursday
I chose	sexy undies
because	to upgrade a casual night out
& I felt	liked seeing it in the mirror changed the way I walked gave me a secret smile all night

Day	Saturday
I chose	old hiking pants
because	doing work in the yard comfy
& I felt	no worries about getting dirty grateful for pockets