



# 30-DAY NEWS BOUNDARY SHEET

Set your rules. Track your days. Build the habit of consuming news on your terms.

## MY BOUNDARIES

I WILL ONLY CHECK NEWS AT:

I WILL ONLY USE THESE SOURCES:

I WILL AVOID:

MY REASON FOR DOING THIS:

## 30-DAY TRACKER

<b>DAY 1</b> <i>held / slipped</i>	<b>DAY 2</b> <i>held / slipped</i>	<b>DAY 3</b> <i>held / slipped</i>	<b>DAY 4</b> <i>held / slipped</i>	<b>DAY 5</b> <i>held / slipped</i>	<b>DAY 6</b> <i>held / slipped</i>
<b>DAY 7</b> <i>held / slipped</i>	<b>DAY 8</b> <i>held / slipped</i>	<b>DAY 9</b> <i>held / slipped</i>	<b>DAY 10</b> <i>held / slipped</i>	<b>DAY 11</b> <i>held / slipped</i>	<b>DAY 12</b> <i>held / slipped</i>
<b>DAY 13</b> <i>held / slipped</i>	<b>DAY 14</b> <i>held / slipped</i>	<b>DAY 15</b> <i>held / slipped</i>	<b>DAY 16</b> <i>held / slipped</i>	<b>DAY 17</b> <i>held / slipped</i>	<b>DAY 18</b> <i>held / slipped</i>
<b>DAY 19</b> <i>held / slipped</i>	<b>DAY 20</b> <i>held / slipped</i>	<b>DAY 21</b> <i>held / slipped</i>	<b>DAY 22</b> <i>held / slipped</i>	<b>DAY 23</b> <i>held / slipped</i>	<b>DAY 24</b> <i>held / slipped</i>
<b>DAY 25</b> <i>held / slipped</i>	<b>DAY 26</b> <i>held / slipped</i>	<b>DAY 27</b> <i>held / slipped</i>	<b>DAY 28</b> <i>held / slipped</i>	<b>DAY 29</b> <i>held / slipped</i>	<b>DAY 30</b> <i>held / slipped</i>

## END OF 30 DAYS

WHAT I NOTICED ABOUT MY MOOD / FOCUS:

WILL I CONTINUE? WHAT CHANGES?

Growth lives on the other side of action.