

Date: _____ Record Week/Day: _____

Goal: To Enhance Laughing Heart Power by Paying Forward

A. WINNING

Case # 1: I implemented Paying Forward and the result. (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Case # 2: I implemented Paying Forward and the result. (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Case # 3: I implemented Paying Forward and the result. (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Comments and Discoveries:



Date: _____ Record Week/Day: _____

Goal: To Enhance Laughing Heart Power by Paying Forward

B. FALLING OFF

3 times this week I didn't bother Paying Forward after a great win and the result.

Case # 1: (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Case # 2: (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Case # 3: (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Comments and Discoveries:



Date: _____ Record Week/Day: _____

Goal: To Enhance Laughing Heart Power by Paying Forward

C. RECOVERY

3 times this week I didn't bother paying forward, became conscious, and recovered, and the result.

Case # 1: (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Case # 2: (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Case # 3: (Please describe)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Comments and Discoveries:

