**2.2 Bank of Life** Date: ………………………..

Balance sheet for the day

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| --- | --- | --- | --- | --- |
| Debit – Negative actions/thoughts | Score |  | Credit – Positive actions/thoughts | Score |
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| TOTAL |  |  | TOTAL |  |
| Starting Balance ………………… End Balance ………………………… Net gains/losses for the day ………………… Net gains/losses for the week ………………. Bonus? …………………………………………………. |