

# Practicing Compassionate Curiosity Daily Tracking Sheet

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<b>Day</b>	<b>Person you practiced on</b>	<b>What could have contributed to their situation?</b>	<b>What is the most helpful thing you could do?</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			