

Personal Crainess Index Example (PCI)

PCI CHART

Determine your 7 key signs of personal craziness. If you accomplish your goal on the day in question, place a checkmark in the appropriate box. If you do NOT accomplish your goal on the day in question, place a 1 or an X in the appropriate box. At the end of the week, total the number of items not accomplished and place the number at the bottom of the column.

The last page of this document contains cumulative graphs that track your weekly progress for the entire 12 weeks.

Areas of Concern

1. Sleep at least 7 hours/night.
2. Exercise at least 15 minutes/day.
3. Complete or work on my SIRSS assignment.
4. Refrain from obsessive thinking.
5. Make my bed.
6. Take time for something that's just for fun – and doesn't involve any work.
7. Spend time in meditation, reading &/or writing.

NOTE: I will complete my PCI each day at this time. My time is _____

Week 1

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	✓	6	✓	✓	✓		✓
Exercise	Gardening	Elliptical	Elliptical	1	Vacuum		
Assignment	✓	✓	✓	✓	✓		✓
Obsessive Thinking	✓	✓	✓	✓	✓		✓
Bed made	1	1	✓	✓	✓		✓
Fun	Accompany Bells / Talk w/ Mike	Roses/ piano	✓	Roses / L & S / FB Birthday	Rose pics		Lunch w recorder & Linda
Meditation	✓	✓	✓	✓	✓		✓
TOTAL	1	2	0	1	0	7	1

Week 2

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	6	✓	5	✓	5	6 +1	6
Exercise	Weeding/ planting	✓	✓	✓	✓ Lawn mowing	Elliptical	
Assignment	✓	✓	✓	✓	✓	✓	✓
Obsessive Thinking	✓	✓	✓	✓	✓	✓	✓
Bed made	✓	✓	✓	✓	✓	✓	✓
Fun	Plants from Joan/D & N	Piano / TV	Deck 20 min/Walk	Made a puppet	Lunch with Nan / Piano/Organ w Christi	Lunch w Quartet	Reading
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	1	0	1	0	1	0	2

Week 3

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	✓	6	✓	✓	✓	✓	
Exercise	Weeding, willows		✓	✓	✓		
Assignment	✓	✓	✓	✓	✓	✓	
Obsessive Thinking	✓	✓	v	✓	✓	✓	
Bed made	✓	✓	✓	✓	✓	✓	
Fun	Reading	Doctor	Roses	Roses/Walk	✓	Shopping	
Meditation	✓	✓	✓	✓	✓	✓	
TOTAL	0	2	0	0	0	1	7

Week 4

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	✓	✓	✓	5	5	7	10.5
Exercise	✓	✓	Weeding	✓	✓	X	X
Assignment	✓	✓	✓	✓	✓		
Obsessive Thinking	✓	✓	✓	✓	✓	✓	✓
Bed made	✓	✓	✓	✓	✓	✓	✓
Fun	✓	Heart Quilt	Piano	TV	Jungl Jim's	Brace	Pyramid H
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	0	0	0	1	1	1	1

Week 5

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	6	8	7	8.5	6.5	7.5	✓
Exercise	X	X	✓	✓	✓	✓	
Assignment	✓	✓	✓	✓	✓	✓	✓
Obsessive Thinking	✓	✓	✓	✓	✓	✓	✓
Bed made	✓	✓	✓	✓	✓	✓	✓
Fun	L & O	Panis Ang..	Shop w L/O	Ark	L&S	Quartet	Company
Meditation	X	✓	✓		✓	✓	✓
TOTAL	3	1	0	1	1	0	1

Week 6

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	✓		5	✓	6.5	✓	✓
Exercise	✓	✓ garden	✓ garden			Shopping	
Assignment	✓	✓	✓	✓	✓	✓	✓
Obsessive Thinking	✓	✓	✓	✓	✓	✓	✓
Bed made	✓	✓	✓	✓	✓	✓	✓
Fun	Museum	VanGogh	TV	TV	Sandra	L & S	Choir
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	0	1	1	1	2	0	1

Week 7

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	✓	6.5	6.5	✓	6.5 + 1.5	✓	✓
Exercise	vacuum	✓	✓	✓	✓	Gardening	✓
Assignment	✓	✓	✓	✓	✓	✓	✓
Obsessive Thinking	✓	✓	✓	✓	✓	✓	✓
Bed made	✓	✓	✓	✓	✓	✓	✓
Fun	Improv	Sight-read	✓	✓	Nancy G	TV	Reading
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	0	1	1	0	0	0	0

Week 8

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	5.5 + .5	✓	✓	5	✓		✓
Exercise	Mow Lawn	✓	✓				✓
Assignment	✓	✓	✓	✓	✓	✓	✓
Obsessive Thinking	✓		✓	✓	✓		✓
Bed made	✓	✓	✓	✓	✓	✓	✓
Fun	TV/Stacey	TV/Greta	Walk	✓	Nan	TV	BWW
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	1	1	0	2	1	3	0

Week 9

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep		✓	6.5 +30	✓			
Exercise	✓	✓	✓				
Assignment	✓	✓	✓	✓	✓	✓	✓
Obsessive Thinking		✓	✓	✓	✓	✓	✓
Bed/File*	✓	✓	✓	✓	✓	✓	✓
Fun	TV	Read	Caesar Creek		Grant's Recital	TV	Sleep
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	2	0	0	2	2	2	7

*Filing was added due to the recognition that this was something I was procrastinating.

Week 10

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep	✓			✓	✓	✓	
Exercise	✓	✓	✓	✓			
Assignment	✓	✓	✓	✓	✓	✓	✓
Obsessive Thinking	✓	✓		✓	✓	✓	✓
Bed/File	✓	✓	✓	✓	✓	✓	✓
Fun	Stacey/TV	Piano	TV	Sara L	TV	Recorders	Read
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	0	1	2	0	1	1	2

Week 11

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep		✓	✓	✓	✓	✓	✓
Exercise		✓	✓	✓	✓	✓	
Assignment	✓	Dust mop / Weed	✓	✓	✓	✓	✓
Obsessive Thinking		✓	✓	✓	✓	✓	✓
Bed/File	✓	✓	✓	✓	✓	✓	✓
Fun	✓	Reading	✓	Patty	Patty	Patty	Patty
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	3	0	0	0	0	0	1

Week 12

Area of concern	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep		✓	✓		✓	✓	
Exercise		✓	✓	✓			✓
Assignment	✓	✓	✓	✓	✓		
Obsessive Thinking	✓	✓	✓	✓	✓	✓	✓
Bed/File	✓	✓	✓	✓	✓	✓	✓
Fun	Read	Read	Pictures up		O's pic up	Read	Sandra
Meditation	✓	✓	✓	✓	✓	✓	✓
TOTAL	2	0	0	2	1	2	1

