

Name it. Divide it. Choose.

TODAY'S PRESSURE, NAMED PRECISELY

CONTROL AUDIT

MINE	NOT MINE

ONE DELIBERATE ACTION FOR THE NEXT FIFTEEN MINUTES

TODAY'S PRACTICE

Where did pressure first appear: thought, body, or behavior?

Review without rehearsing regret.

WHAT WENT WELL?

WHAT WENT BADLY?

WHAT WILL I CHANGE TOMORROW?

FACT VS. STORY I CAUGHT TODAY

FACT

STORY

PAUSES BEFORE REACTING ☐ ☐ ☐ ☐ ☐