



Disconnected But Still Functioning

You got stuff done. You held it together. But something's missing—and it's not just caffeine.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. Did I check all the boxes, but still feel off? Yes No _____

2. Did I go through the motions without feeling much of anything? Yes No

3. Was I productive, or just busy? Yes No _____

4. Did I avoid anything meaningful today? Yes No _____

5. What felt flat, fake, or forced? _____

6. Did I fake fine, and for whose benefit? Yes No _____

7. Was I afraid to slow down or feel too much? Yes No _____

8. What signals did my body give me today? _____

9. If a real win happened, did I notice or dismiss it? Yes No _____

10. What part of me needs attention, not perfection? _____
