



## Murphy's Law: Everything Wrong All Day

***This one was chaos. Let's check what broke... and what didn't. (Because you're still here, and that counts.)***

---

Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. Did everything go wrong, or did it just feel that way?  Yes  No

\_\_\_\_\_

\_\_\_\_\_

2. Was there a moment I could've stopped the spiral, but didn't? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. What did I try to control that was clearly out of my hands? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. Did I lose my temper, patience, or hope somewhere in the chaos?  Yes  No

\_\_\_\_\_

\_\_\_\_\_

5. Was there a moment I handled better than expected?  Yes  No \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. Did I laugh at all—or just seethe through it?  Yes  No \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Who added fuel to the fire, and who helped calm the blaze? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. What belief got loud when stuff started breaking? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. What got neglected or forgotten in the scramble? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10. If this day had a lesson, what would it be flipping me off about? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_