



Pressure Cooker: I Survived

When the heat's on, your wiring shows. Let's see how you handled it—and what you'd do differently next round.

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

1. Did I feel like I was holding it together with duct tape today? Yes No

2. Did I say yes to something I should've said no to? Yes No _____

3. Did I breathe today, or just grind through it? Yes No _____

4. What signs of stress showed up physically (tight jaw, clenched gut, etc.)?

5. Did I blow up, shut down, or shut people out? Yes No _____

6. Did I recognize what was *really* stressing me out? _____

7. What tools or support did I forget to use? _____

8. What belief kicked in when the pressure spiked? _____

9. Did I assume I had to do everything alone? Yes No _____

10. How would I handle this day differently if it came again? _____
