



WTF Was That? The Day From Hell

Stuff went sideways. Let's figure out what hit you, what it hit inside you, and what to carry forward (besides the bruise).

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

1. Did I wake up feeling off, or did something derail the day? _____

2. Did something hit a nerve I didn't see coming? Yes No _____

3. Was today just random chaos, or did it tap something deeper? _____

4. Did I feel like a punching bag for someone else's crap? Yes No _____

5. What did I want to say or do, but didn't? _____

6. Did I react in a way that surprised me? Yes No _____

7. What belief or old pattern might've gotten triggered? _____

8. Did I take something personally that wasn't actually mine? Yes No _____

9. Did I take time to pause, or just white-knuckle through it? Yes No _____

10. What needs to be released so I don't carry this into tomorrow? _____
