

1. Workday Energy Audit

Two moments that drain me / two that energize me:

2. My Stress Signature

Body, mood, and behavior signs + the triggers that set them off:

3. Applying Mindfulness to Common Triggers

For each awareness area, how can I accept and neutralize my reaction:

Thoughts:

Feelings:

Mood:

Body:

4. Name It to Tame It

What I say to myself and others instead of pushing a feeling away:

5. My Focus Tools

Fidget or movement input that settles me + rotation plan:

6. Cognitive Restructuring

Distorted thought -> evidence -> replacement thought:

7. My Rehearsal Script

My Rehearsal Script and Success Visualization: