

Tactical Composure Exercise Plan (+STLs): MONITOR 1c

Situation

Initials

Date

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MONITORING FORM						
				SUBJECTIVE TE	NSIO	N LEVELS (STLs)
Trigger or Situation:				100 = HIGHEST		
Tactic to Practice:				TENSION LEVE frustration, an		ess,
Week 1				Trustrution, un	Aicty	
Practice Number (& date)	STL Before	STL After				
1						
2				100		
3						
4				90		More distressing
5						Tension
6				80		
7						
	<u> </u>			70		
OUTCOMES NOTES				70		
				60		Subjective Performanc
				60		Zone
				F0		Subjective
Week 2				50		Composure
Practice Number (& date)	STL Before	STL After		40		Zone
1				40		More
2						motiving
3				30		Tension
4						
5				20		
6						
7				10		
OUTCOMES NOTES						
				0 = LOWEST E	VER	
				TENSION LEVE	L: cal	
				relaxed, almos	st asle	eep

Trigger or Situation:		
Tactic to Practice:		
Week 3 Practice Number (& date)	STL Before	STL After
1	STE BEIOTE	STL AILEI
2		
3		
4		
5		
6		
7		
OUTCOMES NOTES		
Week 4		
Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		
OUTGONASS NGTTS	II.	
OUTCOMES NOTES		

Did the tactic exercise session bring down my **Subjective Tension Levels**, even if just few units? Don't worry if this didn't happen. Practice now helps to deliver results later, by building good habits.

100	
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Mindset Tips: Be intentional, curious, open and patient. Practice versus perfection. A choice to exercise (or test out) this composure tactic, regardless of what's been happening and what's around.

Trigger or Situation:		
Tactic to Practice:		
Week 5 Practice Number (& date)	STL Before	STL After
1	31L Belole	31L AILEI
2		
3		
4		
5		
6		
7		
OUTCOMES NOTES		
Week 6		
	STL Before	STL After
Week 6	STL Before	STL After
Week 6 Practice Number (& date)	STL Before	STL After
Week 6 Practice Number (& date)	STL Before	STL After
Week 6 Practice Number (& date) 1 2 3	STL Before	STL After
Week 6 Practice Number (& date) 1 2 3 4 5	STL Before	STL After
Week 6 Practice Number (& date) 1 2 3 4 5	STL Before	STL After
Week 6 Practice Number (& date) 1 2 3 4 5	STL Before	STL After
Week 6 Practice Number (& date) 1 2 3 4 5		
Week 6 Practice Number (& date) 1 2 3 4 5 6		
Week 6 Practice Number (& date) 1 2 3 4 5 6		

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rigger or Situation:		
Factic to Practice:		
Week 7	T	
Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		
DUTCOMES NOTES		
Week 8		
Week 8 Practice Number (& date)	STL Before	STL After
Week 8 Practice Number (& date) 1		
Week 8 Practice Number (& date) 1		
Week 8 Practice Number (& date) 1 2 3		
Neek 8 Practice Number (& date) 1 2 3		
Week 8 Practice Number (& date) 1 2 3 4 5		
Neek 8 Practice Number (& date) 1 2 3 4 5		
Week 8 Practice Number (& date) 1 2 3 4 5		
Neek 8 Practice Number (& date) 1 2 3 4 5 6	STL Before	STL After
Neek 8 Practice Number (& date) 1 2 3 4 5	STL Before	STL After
Neek 8 Practice Number (& date) 1 2 3 4 5 6	STL Before	STL After

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