



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

_____ Situation _____ Initials _____ Date _____

MONITORING FORM

Trigger or Situation: _____

Tactic to Practice: _____

Week 1

Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		

OUTCOMES NOTES _____

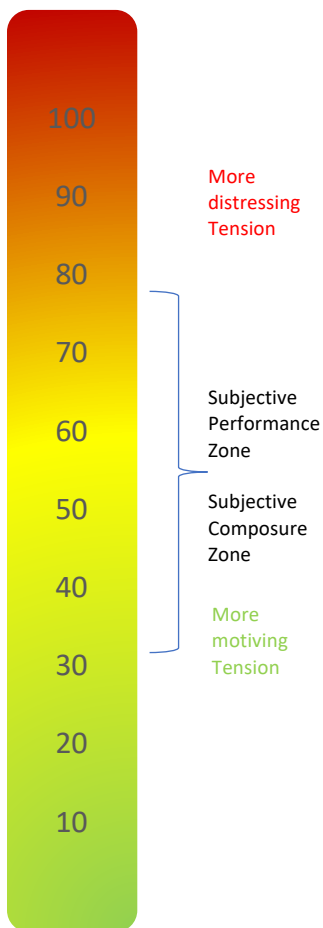
Week 2

Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		

OUTCOMES NOTES _____

SUBJECTIVE TENSION LEVELS (STLs)

100 = HIGHEST EVER
TENSION LEVEL: stress,
frustration, anxiety



0 = LOWEST EVER
TENSION LEVEL: calm,
relaxed, almost asleep

Trigger or Situation: _____

Tactic to Practice: _____

Week 3

Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		

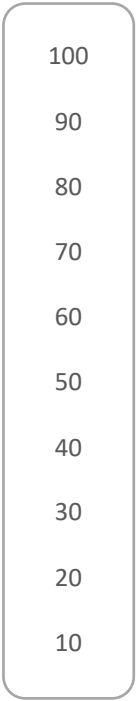
OUTCOMES NOTES _____

Week 4

Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		

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.



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		
2		
3		
4		
5		
6		
7		

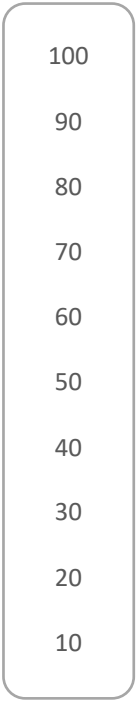
OUTCOMES NOTES _____

Week 6

Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		

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.



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 7

Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		

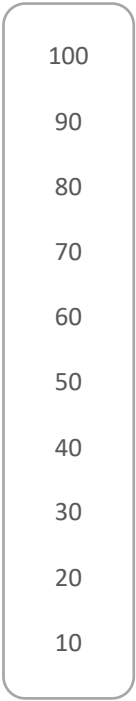
OUTCOMES NOTES _____

Week 8

Practice Number (& date)	STL Before	STL After
1		
2		
3		
4		
5		
6		
7		

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.



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.