



TACTICAL COMPOSURE EXERCISE PLAN

_____Main Goal_____Initials_____Date_____

**WHAT TRIGGERS ARE YOU PAYING
ATTENTION TO?**

**WHAT TACTICS AND EXERCISES ARE YOU
PUTTING INTO PLACE? *When & How Often?***

OBSERVATIONS & EFFECTS

1. How is the practice going for you?
2. What are you noticing as you practice the exercises?
3. What is your mind doing when you practice?
4. What themes and insights are you noticing?
5. What effects do you notice after practicing your chosen exercises?
6. What impacts or changes are you noticing in yourself and your work and life, as a result of practicing these exercises over time?



Practice Tracking & Reflection Worksheet

_____ Main Goal _____ Initials _____ Date _____

Practice of Exercise

Week # _____

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week # _____

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week # _____

Day	1	2	3	4	5	6	7
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Practice of Exercise

Week # _____

Day	1	2	3	4	5	6	7
Done							

THE SIGNS OF COMPOSURE I'm noticing

Feeling

- ☐ A relaxed feeling in the body
- ☐ Heart rate at a comfortable level
- ☐ Breathing comfortably
- ☐ Feeling awake and alert
- ☐ A sense of calm
- ☐ A sense of patience
- ☐ Positive emotions

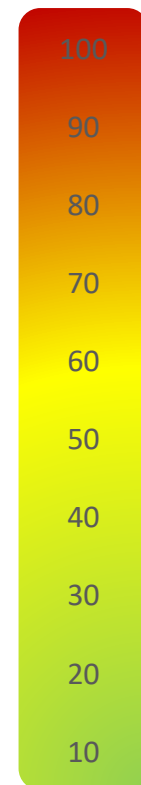
Thinking

- ☐ A sense of good concentration
- ☐ A sense of positive, constructive thoughts
- ☐ A sense of being centred and present
- ☐ A sense of being well-paced
- ☐ A sense of self-control over one's actions
- ☐ Ability to zoom out and take perspective

Flow on effects

- ☐ Composed body language
- ☐ Composed facial expressions
- ☐ Ability to just observe without fixing
- ☐ Staying on task or returning to task
- ☐ Ability to sit with uncomfortable situations
- ☐ Ability to be still and NOT REACT to triggers

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.