FREE PRINTABLE TOOLKIT

Good Radar

Every worksheet, checklist and quick-reference page from the book, ready to print.

Blake Tenney

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How to use these pages

These are the worksheets and checklists from *Good Radar*. Print the ones you need, as often as you need them, and use them alongside the chapter they come from. Each sheet names its chapter at the top.

You can also fill them in on screen: the lines, boxes and tables are form fields. Use a PDF app such as Adobe Acrobat Reader (free) or Preview on a Mac, type your answers, tick the boxes and save. Some phone viewers show the fields but won't save your answers.

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These tools offer general self-help information. They are not medical, psychological or professional advice and are not a substitute for care from a qualified professional.

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WORKSHEET **Where It Sticks at Home**

For each area of your life, give two quick scores from 0 to 5. The first is how loud the bad feels there (0 = barely noticed, 5 = it takes over). The second is how much good you actually catch there (0 = almost none, 5 = plenty). There are no right answers; this is a snapshot of where your radar points today.

Mornings at home. Bad feels this loud: _____ Good I catch: _____

The dinner table. Bad feels this loud: _____ Good I catch: _____

The car and errands. Bad feels this loud: _____ Good I catch: _____

Work. Bad feels this loud: _____ Good I catch: _____

My phone. Bad feels this loud: _____ Good I catch: _____

Weekends. Bad feels this loud: _____ Good I catch: _____

Family get-togethers. Bad feels this loud: _____ Good I catch: _____

Circle the area where the bad is loudest and the good is quietest (a high first score and a low second score).

☐ I've circled my area.

The area I circled: _____

One bad moment from this week that got the loudest slider: _____

One good moment from the same day that I nearly missed: _____

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WORKSHEET **Weekend Catch Card**

Pick two or three starters. Tick each one when you try it, and write a word or two about the moment. On Sunday night, answer the last three lines.

Friday night: ☐ One-breath pause ☐ Say it out loud ☐ One photo ☐ Three good things ☐ "That was good"

The moment: _____

Saturday: ☐ One-breath pause ☐ Say it out loud ☐ One photo ☐ Three good things ☐ "That was good"

The moment: _____

Sunday: ☐ One-breath pause ☐ Say it out loud ☐ One photo ☐ Three good things ☐ "That was good"

The moment: _____

Carry-on row (one tick a day for the starter you keep):
☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri

The best catch of my weekend: _____

The starter that felt most natural: _____

The starter I'll keep this week: _____

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WORKSHEET **The Kitchen-Table Quiz**

Tick every line that sounds like you, then count your ticks in each group. The group with the most ticks is probably the move you skip most often.

SPOT

☐ I often realize a day was nice only when someone else points it out.
☐ I can get through a whole meal without noticing what it tasted like.
☐ My mind is usually on the next thing, not this thing.

SAVOR

☐ When something good happens, I move on within a few seconds.
☐ I enjoy things more when I look back than while they're happening.
☐ I feel guilty slowing down when there's still stuff to do.

STORE

☐ By Monday, I can't remember much about the weekend.
☐ When someone asks about a trip, the hassles come to mind first.
☐ I rarely look back at old photos, cards or messages.

SHARE

☐ I keep good news to myself so I don't seem like I'm showing off.
☐ When someone tells me their good news, I say "That's great" and move on.
☐ I rarely tell people what they did that made my day better.

My ticks: Spot _____ Savor _____ Store _____ Share _____

My weakest move: _____

Who guessed it, and what did they guess? _____

One way I'll practice my weakest move this week: _____

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WORKSHEET The Seven-Day Good Scan

Do one good scan a day for a week. Note your cue, tick each place where you found something and write your keeper with a one-sentence caption. On a tiny day, one tick is plenty.

Day 1 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 2 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 3 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 4 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 5 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 6 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

Day 7 Cue: _____

☐ People ☐ My body ☐ Senses and outdoors ☐ Progress ☐ Lucky breaks ☐ What didn't go wrong

Keeper and caption: _____

At the end of the week:

The place that lit up most: _____

The place that stayed empty (check it first next week): _____

The cue that worked best: _____

My favorite keeper of the week: _____

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Cut out a card along the dashed line, or snap a photo of it, and keep it in your wallet, on the fridge or in the car.

CARD **The 30-Second Savor Card**

Cut along the dashed line.

- ☐ PLANT (5 sec): put down what's in your hands and your head.
- ☐ GATHER (10 sec): one thing you see, one you hear, one you feel, smell or taste.
- ☐ WARM (10 sec): notice where the good feeling shows up in your body.
- ☐ TOAST (5 sec): "Here's to…" What makes it good? It won't last.

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WORKSHEET **Five-Day Savor Log**

Savor at least one moment a day for five days and log it here.

Day 1: The moment: _____

My toast: "Here's to _____"

Day 2: The moment: _____

My toast: "Here's to _____"

Day 3: The moment: _____

My toast: "Here's to _____"

Day 4: The moment: _____

My toast: "Here's to _____"

Day 5: The moment: _____

My toast: "Here's to _____"

The beat I skip most often: _____

The place where savoring comes easiest for me: _____

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CHECKLIST **Who's at My Table?**

Tick each killjoy that showed up at one of your good moments in the past week. Then circle your regular, the one you see most, and one occasional visitor.

☐ The Buzzer: I check my phone during good moments.
☐ The Yes-But Cousin: I add a "but" to good news, mine or other people's.
☐ The Shoe-Watcher: When things go well, I start waiting for something to go wrong.
☐ The Measuring Tape: I compare my home, family or weekend with other people's.
☐ The Clock-Watcher: My mind jumps to the next job before this moment is over.
☐ The Shrugger: I wave off compliments and thanks.

My regular: _____

Where it shows up most (dinner, weekends, holidays, the phone, visits): _____

My swap for it: _____

My occasional visitor and its swap: _____

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WORKSHEET **Our Good Week**

Each night, jot the day's three keepers in a few words, and add the day's title if one comes to you. At the end of the week, everyone writes their week's best.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

The week's best (one line each, with a detail):

Name: _____ Best: _____

Name: _____ Best: _____

Name: _____ Best: _____

The ending I'll plan this coming week: _____

☐ I did the end-of-day store on at least four nights.
☐ We wrote our week's best (or I wrote mine, or texted it to a friend).

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WORKSHEET **Something on the Calendar**

Fill in one small plan for each of the next four weeks, and one bigger plan with a longer runway. Then add who's in on it and one thing you'll do on the runway.

Week 1, my small plan and the day: _____

Week 2, my small plan and the day: _____

Week 3, my small plan and the day: _____

Week 4, my small plan and the day: _____

My bigger plan (a visit, a trip, a celebration): _____

Its date, written in pen: _____

Who's in on it with me: _____

One thing I'll do on the runway (build, cook, look up, plan together): _____

If I'm a bracer, the one check I'll do before I let myself enjoy it: _____

Something good that's ending soon, and how I'll enjoy it: _____

☐ Every plan has a day or date.
☐ At least one plan is something to do, not something to buy.
☐ At least one plan includes someone else.
☐ My plans are written where I'll see them every day.

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WORKSHEET **Your Turn to Answer**

Write a Glad, Story and Toast answer for each piece of news. Then plan one piece of your own good news to share this week.

1. Your kid: “I lost my first tooth at lunch!”

Glad: _____

Story: _____

Toast: _____

2. Your sister: “We’re adopting a dog!”

Glad: _____

Story: _____

Toast: _____

3. Your partner or roommate: “I finally finished the bathroom tile.”

Glad: _____

Story: _____

Toast: _____

4. A coworker or friend: “My daughter made the varsity team.”

Glad: _____

Story: _____

Toast: _____

My own good news this week, big or tiny: _____

Who I’ll tell first (in person, by text or on a set call): _____

The answer I fall back on most (Pass the Salt, Fine Print, Leave the Table): _____

☐ I put down what was in my hands for someone’s good news.
☐ I asked one Story question this week.
☐ I shared one small win of my own, out loud, by text or on paper.

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WORKSHEET **Both Columns for a Hard Week**

Reach for this page on any rough day or week. Start with the left column. One side may run longer than the other, and that's normal.

What's hard:

1. _____

Next step and day, if there is one: _____

2. _____

Next step and day, if there is one: _____

3. _____

Next step and day, if there is one: _____

What's still here (try to include at least one person):

1. _____

2. _____

3. _____

Who brought help this week, and how I'll thank them: _____

Night question: first thing after breakfast, I'll: _____

☐ Nothing on the left got shrunk to look braver.
☐ My right-hand column has at least one entry.

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WORKSHEET **People Radar**

For seven days, catch one person doing good each day. Fill in what you noticed and what it made possible, then tell them in the spotlight size that suits them.

Day 1. Who: _____

I noticed: _____

Because of it: _____

Day 2. Who: _____

I noticed: _____

Because of it: _____

Day 3. Who: _____

I noticed: _____

Because of it: _____

Day 4. Who: _____

I noticed: _____

Because of it: _____

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WORKSHEET **People Radar (continued)**

Day 5. Who: _____

I noticed: _____

Because of it: _____

Day 6. Who: _____

I noticed: _____

Because of it: _____

Day 7. Who: _____

I noticed: _____

Because of it: _____

Spotlight size I used most: ☐ a quiet word ☐ a text or note ☐ out loud

Something I'd only notice if it stopped, and who does it: _____

Someone who never got properly thanked: _____

What came back around this week: _____

☐ I thanked someone for something steady, not just something big.
☐ I matched the spotlight to the person.
☐ I wrote or planned one real letter to someone from my past.

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WORKSHEET **My 14-Day Routine Plan**

Write your move for each doorway. Then tick each doorway you used, and write the day's best catch on the line. On a packed day, the 2-minute version counts.

My moves (AM, Out, Home, Night): _____

Week 1

Mon ☐ AM ☐ Out ☐ Home ☐ Night _____

Tue ☐ AM ☐ Out ☐ Home ☐ Night _____

Wed ☐ AM ☐ Out ☐ Home ☐ Night _____

Thu ☐ AM ☐ Out ☐ Home ☐ Night _____

Fri ☐ AM ☐ Out ☐ Home ☐ Night _____

Sat ☐ AM ☐ Out ☐ Home ☐ Night _____

Sun ☐ AM ☐ Out ☐ Home ☐ Night _____

Week 2

Mon ☐ AM ☐ Out ☐ Home ☐ Night _____

Tue ☐ AM ☐ Out ☐ Home ☐ Night _____

Wed ☐ AM ☐ Out ☐ Home ☐ Night _____

Thu ☐ AM ☐ Out ☐ Home ☐ Night _____

Fri ☐ AM ☐ Out ☐ Home ☐ Night _____

Sat ☐ AM ☐ Out ☐ Home ☐ Night _____

Sun ☐ AM ☐ Out ☐ Home ☐ Night _____

A move that didn't fit, and what I swapped in: _____

My best catch of the two weeks: _____

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WORKSHEET **Has My Radar Slipped?**

Tick each line that has been true for most of the last two weeks.

☐ Our week's-best sheet (or whiteboard, notebook or jar) hasn't changed.
☐ My phone has moved back to the nightstand.
☐ My regular killjoy from Chapter 6 is back at the table.
☐ The good scan finds the same keeper every day, or I skip it.
☐ I miss the bedtime store more nights than I do it.
☐ Nobody has heard a good thing from me this week.
☐ I can't remember my last toast, silent or out loud.
☐ The moves feel like homework instead of small pleasures.

The change in my life that moved my doorways: _____

My number of ticks: _____ (one or two: change one doorway or one move; three or more: restart small, as in Chapter 13)

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CHECKLIST **When to Get Professional Help**

Tick anything that has been true on most days for two weeks or more, for you or for someone you live with. If you tick anything, make an appointment with a doctor or a licensed therapist in the next few days. Thoughts of harming yourself don't need two weeks or a checklist: talk to a doctor today.

☐ Almost nothing brings pleasure anymore, including things that used to be favorites.
☐ The mood has been low, flat or empty for most of the day.
☐ Sleeping or eating has shifted a lot, more or less than usual.
☐ Ordinary things at home, at work or with family feel much harder to manage.
☐ Looking for small good things leaves only a blank, or makes things feel worse.

Who I'll call, and when: _____

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The Good Radar Map

The Four Moves

Move	What it does	The quick version	Chapter
Spot it	Catches small good while it's happening	A two-minute good scan at a pause you already have	4
Savor it	Lets a good moment sink in	About 30 seconds: plant, gather, warm, toast	5
Store it	Helps the day and the week keep their good	At bedtime: retrace, keep three, tell one, title it	7
Share it	Makes good news bigger	Answer with Glad, Story, Toast	9

Spot

• **The good scan:** pick a pause, check the six places (people, your body, your senses and the outdoors, progress, lucky breaks, what didn't go wrong), pick a keeper and give it a one-sentence caption.

• **On a tiny day:** keep the scan and lower the bar.

Savor

• **The 30-second savor:** put down what's in your hands, gather one thing you see, hear and feel, notice where the good shows up in your body, then a silent "Here's to…"

• **What gets in the way, and the swap:** the phone pulling you away (it goes next in line); tacking a complaint onto good news (end the sentence at the good part); bracing for trouble (check once, then come back); comparing (one thing you like about theirs, one you'd miss about yours); rushing ahead ("What's the best thing in this room right now?"); waving off praise ("Thanks, I'm glad you liked it").

Store

• **Each night:** retrace the day, keep three good moments, tell one and give the day a title.

• **Once a week:** write the week's best, with one detail.

• **Looking forward:** one small plan a week on the calendar, with a day beside it.

• **Endings:** give trips and visits a good last stop.

Share

• **Answering good news:** Glad, Story, Toast. Save real worries for tomorrow.

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• **Thanking people:** “I noticed ___, and because of it ___.” Match the size of the thanks to the person.

• **With nobody nearby:** a text or voice note, a coworker or neighbor, a set weekly call or a notebook. A good moment kept to yourself still counts.

On Hard Weeks

• **Both columns:** what’s hard on the left, at its true size, with a next step and a day where there is one; what’s still here on the right, with at least one name.

• **One bad hour:** say how long it really lasted, name three other things that happened and give it a next step if it needs one.

• **At night:** What size would this be at noon? Who’s on my side? What’s first after breakfast?

Keeping It Going

• **Doorways:** look forward leaving the bedroom, scan going out, savor or share coming back in, store at bedtime.

• **Three sizes:** about 2 minutes on the worst days, about 5 on a typical day, about 10 when there’s room.

• **After a slip:** a miss is a dip, not a reset. Restart with the 2-minute version through one doorway that’s still there, and tell one person.

If you’ve felt low, or nothing has felt good, on most days for two weeks or more, see a doctor or a licensed therapist.

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