WORKSHEET **The Second-Wind Checklist**

Tick each box as you go.

☐ I named the one thing that stopped working: _____

☐ I found the row in "If This Happens, Try This" (Chapter 10) that fits it best.
☐ I made the tool smaller, moved it, or set it aside for a week.
☐ I wrote one line in my luck log tonight, even a tiny one.
☐ I kept the tools that were still working.
☐ I told one person about a flop, a funny moment or a small win.
☐ I checked whether anything feels like a must instead of a choice.

The change I'm making this week: _____

How I'll know it's working: _____

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