WORKSHEET My 30-Day Trigger Log and Tracker

Tick one box each day you practice. Then fill in one line for the sting of the day.

Days 1 to 10: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Days 11 to 20: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Days 21 to 30: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fill in one entry a day. Print more copies of this page as you need them.

Day: _____ Who or what: _____

Sting (0 to 10): _____ First story: _____

Whose was it? ☐ Mine ☐ Theirs ☐ Shared What I did: ☐ Clarify ☐ Respond ☐ Let go

How long it stayed with me: _____

Day: _____ Who or what: _____

Sting (0 to 10): _____ First story: _____

Whose was it? ☐ Mine ☐ Theirs ☐ Shared What I did: ☐ Clarify ☐ Respond ☐ Let go

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How long it stayed with me: _____

Day: _____ Who or what: _____

Sting (0 to 10): _____ First story: _____

Whose was it? ☐ Mine ☐ Theirs ☐ Shared What I did: ☐ Clarify ☐ Respond ☐ Let go

How long it stayed with me: _____

At the end of each week, answer:

The person or setting that stung most this week: _____

The step of SORT that came easiest: _____

The step I want to practice more: _____

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