

The Steadiness Log

Your own data beats a feeling.

Rate each line **1 (rough)** to **5 (solid)**, based on the last two weeks — not your best day, not your worst. Take your baseline today; re-take every three months. Direction across quarters is the measure, not perfection in any square.

Over the last two weeks...	Baseline	+3 mo	+6 mo	+9 mo	+12 mo
How well I'm sleeping					
How present I can be with the people who matter					
How often my worry produces something useful (a plan, a catch, a preparation) rather than just circling					
How quickly I recover after a hard moment or a hard day					
How much of my energy goes to fighting my own mind (5 = very little)					
Total (out of 25)					

Date of each reading: _____

Reading the numbers: some seasons dip — that's weather, not failure. Watch the trend across quarters. And one honest rule from Chapter 10: if the numbers move the wrong way for two readings running despite real effort, that's not a verdict on you — it's data pointing toward a conversation with a professional. The cost of checking is an hour.