



The signal log: a week of signals

Each day, note when your body went calm or loose, and when it went to dread or tight. Which conversations, which days, which thoughts.

	Body went calm / loose	Body went to dread / tight
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		



At the end of the week: reading the log back

Do this part only after the week. The point is to see which signals repeated.

1. What is the gut voice actually saying, that the careful voice keeps talking over?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

2. Where does staying cost you the most effort?
