

# Micro-Recovery Tracker

Try one small recovery habit for three days. Notice what shifts.

## Step 1: Choose a Micro-Recovery Strategy

Tick or write one strategy you'll commit to:

- Step outside for 2-5 minutes between meetings.
- Play ambient music or nature sounds for 3 minutes.
- Eat lunch away from screens.
- Do light stretching or posture reset at your desk.
- Look at something natural (e.g. plant, window, sky) for 40+ seconds.
- Other: \_\_\_\_\_

## Step 2: Daily Experiment Log (Repeat for 3 Days)

Day	Time of Day	What was I doing before the break?	How did I feel before?	What habit did I use?	How did I feel after?
1					
2					
3					

## Step 3: Final Reflection

What did you notice about your energy, habits, or mental patterns during this experiment? (Think about anything that surprised you, challenged you, or confirmed something you sensed.)

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What times of day were most helpful for a break?

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Would you continue this habit, modify it, or try something different going forward? Why?

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Small, consistent pauses can have a big impact over time.  
Come back to this journal whenever you need a reset.

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