

THE REACTIVITY LOG

THE NUMBER YOU NEVER COUNTED

Most people track what they do all day. Almost no one tracks what happens to them.

THE PREMISE

You track what you do all day. The tasks, the meetings, the list. You have never tracked what happens to you.

A reaction is the moment something lands and you are already responding before you decided to. The email that tightens your chest. The tone in a voice that sets your jaw. The message you answer while your pulse is still climbing.

Each one is a spike. Your body goes up, and then it has to come back down. Coming down takes longer than going up did. Several dozen a day is normal. Almost nobody knows their number, because nobody counts.

You cannot see a load you have never measured.

For seven days, mark every spike you catch, as it happens. For each one, note what happened, where you felt it in your body, how long it took to come down, and whether it actually needed a response from you.

WHAT COUNTS

A spike is small and fast. It is not a bad day. It is the half second where something lands and your body answers before you do. Most of them pass without a name, which is why they never get counted.

YOU WILL KNOW ONE WHEN YOU FEEL IT

- The phone lighting up with a name you did not want to see.
- An email that opens with the word urgent.
- Getting cut off in traffic when you were already late.
- A tone in a reply that was probably nothing.
- The meeting that runs long while the next one starts.
- Someone changing a plan you had already built around.
- A balance, a bill, or a bank alert on the screen.

Where you feel it. Chest. Jaw. Gut. Shoulders. Throat. Hands. Note the place. It is usually the same few for you.

ONE ENTRY, FILLED IN

WHAT HAPPENED	WHERE YOU FELT IT	TIME TO COME DOWN	NEEDED A RESPONSE
Client text marked urgent, 9pm	Chest, jaw	About 20 minutes	No

The last column is the one that matters. Most spikes never needed anything from you. The body does not know that until you write it down.

WHAT HAPPENED

WHAT HAPPENED

WHAT HAPPENED

WHAT HAPPENED

WHAT HAPPENED

THE COUNT

Add the seven daily totals. Write the number below.

TOTAL SPIKES THIS WEEK

**That is how many times this week your body left baseline
and had to find its way back.**

Counted it? What comes off first is a decision, not a number.

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EXIT AUTOPILOT.

BUILD DELIBERATELY.

BUILT FOR 100.