12.1 WORKSHEET · CHAPTER 12
Climate, not weather

Same day each week. Mark each slow sign B, S or W: better, same or worse than last week.

SLOW SIGN / WEEK	1	2	3	4	5	6	7	8

Week 1 starts on _____

Ideas, if you need them: how well you're sleeping, how much noise you can stand, everyday skills slipping (cooking, email, finding words), being a shut-in on weekends, all your energy going to work, how often meltdowns or shutdowns come.

MY RULE, DECIDED NOW

If ___ or more signs are worse for ___ weeks running, I start my first-week cut list (worksheet 12.3), whether or not I feel burned out yet.

THIS WEEK, IN ONE WORD

☐ Weather (one bad day) ☐ Climate (the trend has turned)

On a bad day: don't judge anything today. Today is weather.