RIVALSHOT ACADEMY · LEARNER JOURNAL

Under Pressure: my journal

This journal belongs to you. Use it alongside Under Pressure: Attention, Stress and Decisions to notice how attention and stress show up in your own days and to try the course's small habits. Write as much or as little as helps, and skip any prompt you like. Describe your own actions and experiences only: never write passwords, codes, home addresses, account details, or the names or private details of other people. If a prompt brings up something distressing, set it aside; you can come back later, talk with someone you trust, or in the US call or text 988 for immediate support.

How to use this journal

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Attention has limits

Describe a time you missed something that was in plain view. Where was your attention at that moment, and how did you find out what you had missed?

List three doorways, stairwells or arrival moments in your week where you could try a five-second transition pass.

After trying a transition pass a few times, what did you notice that you might otherwise have missed?

What stress does

What are your earliest signs of stress? Think about your breath, jaw, shoulders, hands, voice and thoughts.

What do you tend to forget or fumble when you are rushed? Name one way to make it easier for your stressed self, such as a fixed place or a saved favorite.

Think of a time you felt nervous but still did well. What helped you treat it as a challenge rather than a threat?

Tunnel vision

Describe a recent tunnel: a problem that swallowed your attention. Which signals did you miss at the time?

Which of the three questions (what else, who else, what other option) would have helped most, and why?

Write a blame-free phrase you would like a friend, family member or colleague to use when offering you a fresh look.

Reset habits

Write your reset in three lines: the breath you will use, the words you might use to name a feeling, and your pause phrase.

After practicing your reset in a low-stakes moment, what did you notice? What would you adjust?

If breathing exercises don't suit you, what other short reset could you try instead, such as naming five things you can see or stepping outside?

Decide before pressure

Write three if-then plans for places you visit often. Describe places by role or landmark, such as "the information desk", not by address.

For each plan, who else needs to know it, and how and when will you share it?

Which plan would you walk or say out loud once this week as a light rehearsal?

Honest review

Use the four questions on one recent moment when your attention was elsewhere: what happened, what you noticed and when, what helped, and one change you will try.

If you kept a one-week attention diary, what patterns did you see in times of day, places, moods or devices?

Write one sentence of kindness to yourself about a moment you are reviewing.

Looking back

Which idea from this course surprised you most, and how has it changed the way you notice things?

Which one habit (a transition pass, widening the frame, your reset, an if-then plan or the four-question review) will you keep for the next month, and how will you remind yourself?

Next time you notice yourself under pressure, what will your first three steps be?

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