
The Micro-Choice Tracker

A gentle practice in noticing.

Throughout your day, you make dozens of tiny, silent choices to protect your energy and find safety. Use this space to gently notice the moments you chose to prioritize your peace or your breath. There is no quota to meet. Even one noticed choice is a victory.

Morning Check-In

How did my body feel upon waking?

Tight Heavy Rushed Numb Okay _____

My morning micro-choice was:

(Example: I took three deep breaths before looking at my phone; I held my warm coffee mug for 30 seconds.)

Afterward, I felt: A tiny bit softer Still struggling, but I tried Proud of myself

Afternoon Pause

When the day got loud, my body felt:

Overwhelmed Disconnected On Edge Steady _____

My afternoon micro-choice was:

(Example: I uncurled my fists; I stepped outside to feel the air; I waited 10 seconds before replying.)

Afterward, I felt: A tiny bit softer Still struggling, but I tried Proud of myself

Evening Reflection

As the day winds down, my body feels:

Exhausted Tense Settled Relieved _____

My evening micro-choice was:

(Example: I washed my face with intention; I chose not to mentally replay a stressful moment; I drank a glass of water.)

Afterward, I felt: A tiny bit softer Still struggling, but I tried Proud of myself

A Note of Compassion:

If your tracker is empty today, please give yourself grace. Surviving a hard day is a choice all on its own. Healing is not a race, and your awareness is enough. You are safe.