

Workplace Spiral Mapping Worksheet

Use this worksheet over 5-7 workdays to identify your personal spiral pattern.

Columns to fill in each day:

1. Trigger (what happened just before?)
2. First body signal (heart rate, tight chest, foggy head...)
3. Thought that amplified it
4. Action I took
5. What I wish I had done instead

After 7 days, circle the triggers that appeared 3+ times.

Those are your intervention points - the earliest, cheapest exit.