

The Weekly Pulse Check

Five questions. Every Friday. Two minutes.

NOTES BEHIND

How many am I behind? Count your unsigned, unfinished, or draft notes.

- 0 — Caught up (celebrate this)
- 1-10 — Manageable
- 11-20 — Needs attention Monday
- 21-30 — Sound the alarm
- 30+ — Block time NOW

Tip: The number matters less than knowing the number. Awareness is step one.

BASIC NEEDS

Did I take lunch at least 3 days this week? Actual lunch. Not eating at your desk while charting.

- Yes
- No — What got in the way? _____

Tip: If the answer is 'no' three weeks in a row, something needs to change.

WINS

What's one thing I did well this week? One clinical win. One good session. One moment you handled well.

Tip: If you can't think of anything, you're not looking hard enough. It counts even if it felt small.

CONSULTATION

What's one client situation I need consultation on? The one you're carrying. The one keeping you up. Name it.

Who can I bring this to? _____

Tip: If you've been 'meaning to bring this up' for more than two weeks, that's your sign.

RECOVERY

What do I need this weekend to recover? Check all that apply.

- Sleep Solitude Social time
- Movement Outside time Fun / entertainment
- Other: _____

Tip: Your body already knows the answer. Listen to it.

WHY THIS WORKS

What gets named gets managed. What stays vague stays heavy.

You're not solving everything Friday at 5pm. You're naming it so it doesn't follow you home unnamed.

NOTES / ACTION ITEMS
