

Tired, Hungry, Hurting

Track how sleep, food and pain line up with how short your fuse is.

WHEN TO USE THIS
Keep this near you for five days and fill in a row each evening.

One row a day. Rough numbers are fine.

DAY	HOURS SLEPT	PAIN OUT OF 10	TEMPER OUT OF 10

Look back at the rows. What lines up with what?

You are looking for a pattern, not proof.

A body that is tired, hungry or hurting has less room to absorb anything. That is biology, not weakness.

Three small things that would take the edge off tomorrow.

Eating before the meeting counts. So does going to bed an hour earlier.

1.
2.
3.

Sometimes the fix is not about anger at all. It is a sandwich and an early night.