

Recovery Capacity — Week One Daily Tracker

Sovereign Self System

Use this tracker for your first seven days. Two domains only — decision quality and return-to-baseline. Don't analyse the data as you go. Just record it honestly. The pattern will show itself.

SET YOUR PHONE REMINDER NOW

Add two daily alarms before you do anything else with this sheet: **12pm** — Decision Quality check (morning rating) **4pm** — Decision Quality check (afternoon rating)
Label them both: *Recovery Tracker*

Return-to-baseline is not time-based — record it in the moment after each high-stakes interaction. Keep this sheet somewhere you'll see it.

DOMAIN 1 — DECISION QUALITY UNDER LOAD

Rate your decision-making quality twice on each demanding day — before midday and after 3pm. One word only. **Sharp** / **Adequate** / **Depleted**. No other notes needed.

DAY	DATE	BEFORE MIDDAY	AFTER 3PM	NOTES (OPTIONAL)
Day 1	/			
Day 2	/			
Day 3	/			
Day 4	/			
Day 5	/			
Day 6	/			
Day 7	/			

DOMAIN 2 — RETURN-TO-BASELINE TIME

After each high-stakes interaction — board meeting, difficult conversation, major deadline — note how long before you felt fully like yourself again. Record it in the moment or as soon as possible after.

DAY	DATE	INTERACTION / EVENT	TIME TO BASELINE	NOTES
Day 1	/			
Day 2	/			
Day 3	/			
Day 4	/			
Day 5	/			
Day 6	/			

Day 7	/			

WHAT TO DO WITH THIS DATA

<p>Decision quality: Look for the gap between your morning and afternoon ratings. Consistent degradation across the week is the signal — not a single bad afternoon.</p>	<p>Return-to-baseline: Look at the range — shortest time versus longest. High variability means the system is inconsistent. Long times mean the system is running in low-grade threat state between demands.</p>	<p>Bring this sheet to your next session. Don't interpret it before then. The patterns mean more in context than they do on their own.</p>
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