Reverse Engineer Your Input and Output

Track your inner experiences that lead to either input or output and work backwards to see what led to them. Do more of the things that increase your input and find ways to change the things that lead to output.

Leading Events- where you were, what you were doing, who was around.	Thoughts/Feelings/Urges/behaviours	Outcome: Input or Output	Short term impact Long term impact
- A regular morning with a full workload that seemed a bit overwhelming when I first got in. - I was alone in my office as I looked at my full day and noticed a sense of stress beginning in my body and my thoughts began to race. - Instead of focusing on all I had to do all day and all week, I set a plan to stay focused all morning, with some flexi-self-care, so that I could do a 20 minute walk at lunch.	- It's a nice day and I'd love to get outside - To ensure I have enough time for a break at lunch I am going to limit my contact with colleagues and email/social media. - I will stay very focused on my work with some flexi-self-care sprinkled into my morning. - Even though I know there are more tasks that I could be doing over my lunch hour, I am prioritizing this walk because it fits with my values of health and sustainable caring.	**INPUT:** I went for a 20 minute walk on my lunch and spent time mindfully enjoying my surroundings.	Short term: felt great in the afternoon, more compassion satisfaction. Made plans to meet friend for art class in evening. Long term: support my values and sustainable caring
- A regular morning with a full workload that seemed a bit overwhelming when I first got in. - I was alone in my office as I looked at my full day and noticed a sense of stress beginning in my body and my thoughts began to race. - I started to review all I had to get done today, then I checked my email, which added more stress and I decided to go get more coffee so I could get it all done.	- It's a nice day and I'd love to get outside. - I doubt I'll have the time with all this work. - Urge to go chat with colleague because feeling unhappy about amount of work. - Spent time reading both important and non-important emails. More coffee and sweets. - Did clinical work and let administrative pile up. - Now I have to work through lunch to get the administrative work done so I'm not stressed all afternoon.	**OUTPUT:** I worked through lunch to get my notes done.	Short term: tired and unhappy in afternoon. Physically drained by end of day. Didn't feel like doing anything nourishing in evening. Picked up take out on way home. Long term: doesn't support my values of health, my family or sustainable caring.