

Sixty seconds, once a week

Purpose: tactical teams debrief without ego: what happened, not who to blame. Four honest lines at the end of each training week make your patterns impossible to miss.

HOW TO USE

- 1 End of each week** (after day 5), take this sheet and a pen. Sixty seconds.
- 2 First re-read last week's box.** The drift between weeks is the lesson.
- 3 Answer fast and blunt.** First thought, no editing. Half-sentences beat paragraphs.

EXAMPLE · WHAT GOOD LOOKS LIKE

"Noticed I rush when tired. Slipped Tuesday, tell was jaw. Predicted 4, trained like a 2, overconfident. Fix: check-in honestly, not optimistically."

Week 1 · Establish Control

date _____

Sessions done

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What did I notice about myself?

Where did I slip, and what was the first tell?

My check-ins: honest or optimistic?

One fix for next week

Week 2 · Build Capacity

date _____

Sessions done

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What did I notice about myself?

Where did I slip, and what was the first tell?

My check-ins: honest or optimistic?

One fix for next week

Week 3 · Sustain Focus

date _____

Sessions done

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What did I notice about myself?

Where did I slip, and what was the first tell?

My check-ins: honest or optimistic?

One fix for next week

Week 4 · Manage Load

date _____

Sessions done

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What did I notice about myself?

Where did I slip, and what was the first tell?

My check-ins: honest or optimistic?

One fix for next week

Week 5 · Adapt Under Pressure

date _____

Sessions done

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What did I notice about myself?

Where did I slip, and what was the first tell?

My check-ins: honest or optimistic?

One fix for next week

Week 6 · Stabilise Performance

date _____

Sessions done

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What did I notice about myself?

Where did I slip, and what was the first tell?

My check-ins: honest or optimistic?

One fix for next week
