

The Bounce-Back Checklist

5 minutes to reset when you feel like quitting the trades

Use this when you're discouraged, doubting yourself, or dealing with people who make the job feel heavier than it should.

1) 60-Second Reset (right now)

- Stand tall. Inhale 4 seconds, exhale 6 seconds (x3).
- Name the real problem in one sentence: "Right now, I'm struggling with ____."
- Pick the next best action, not the perfect one.

2) Mirror Check (2 questions)

- What part of this is external (people/situation) vs. internal (fear/doubt)?
- What would the version of me who belongs here do next?

3) Mentors + Allies (send 1 message today)

Text script: "I'm having a tough week, and I need a quick gut-check. Can I get 10 minutes today or tomorrow? I'm trying to stay the course."

4) Daily Win Plan (3 micro moves)

- One skill: Ask one question and learn one thing (every day).
- One standard: Finish one task clean and correct (no shortcuts).
- One voice: Say one useful sentence in the huddle/meeting.

5) Speak-Up Starter (when you feel intimidated)

Use this: "I want to make sure we hit the target. Here's what I'm seeing, and here's one option to fix it."

7-Day Bounce-Back Tracker

Day	Reset done	Mentor text sent	Daily win completed	Spoke up once
Day 1	☐	☐	☐	☐
Day 2	☐	☐	☐	☐
Day 3	☐	☐	☐	☐
Day 4	☐	☐	☐	☐
Day 5	☐	☐	☐	☐
Day 6	☐	☐	☐	☐
Day 7	☐	☐	☐	☐

Reminder: If you need to step away, step away to reset - not to disappear. If it's meant for you, come back different: believing you belong and acting like it.