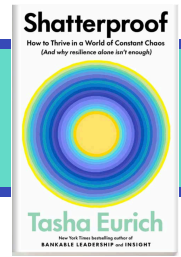


THE SHATTERPROOF TOOLKIT



Welcome to your real-time reset for those “I just can’t” moments. This five-minute toolkit walks you through a fast, four-step process to get grounded, reclaim your needs, and make one strong move forward.

✓ Step 1: Probe My Pain

Instead of powering through or numbing out, pause and notice what hurts. Pain isn’t weakness; it’s a messenger. When you name it, you take the first step to reclaiming your strength.

📖 Exercise: My Mini Mood Map

Check the emotions you’re feeling more than usual, then circle the 1–2 most intense. Don’t judge—just notice.

Sad / Depressed	Upset	Ashamed	Helpless
Fearful	Distressed	Guilty	Hopeless
Disgusted	Jittery	Irritable	Lonely
Angry	Nervous	Hostile	Anxious

💡 Insight: Befriend My Pain

Pain is your psychological “check engine light”—a messenger that something is breaking down. Get curious about the real pressure or fear behind it.

📝 My pain is trying to tell me that / that I...

🔧 Tool: Leaves on a Stream

Instead of jumping to fix your pain, take a moment to calm any emotional reactivity. Imagine sitting by a calm stream. Place each painful thought on a leaf and watch it drift away. No fixing, no fighting—just notice and let go.

✓ Step 2: Trace My Triggers

Triggers are external events that flip your internal switch from “okay” to “not okay.” Triggers aren’t just stressors; they’re signposts pointing to what you’re really craving. Every trigger reveals a core need that’s being threatened.

📖 Exercise: My Top Trigger

Turn the page and check any triggers happening right now. Then circle the ONE that feels most intense.

Confidence Triggers	Choice Triggers	Connection Triggers
<input type="checkbox"/> Expectations: Pressure to perform or prove myself <input type="checkbox"/> Setbacks: Falling short despite trying hard <input type="checkbox"/> Criticism: Feeling judged or corrected <input type="checkbox"/> Inferiority: Feeling “less than” or overlooked <input type="checkbox"/> Monotony: Feeling underused or bored <input type="checkbox"/> Chaos: Feeling confused or unsure	<input type="checkbox"/> Suppression: I can’t be myself <input type="checkbox"/> Coercion: Feeling pushed, guilted, or forced <input type="checkbox"/> Loss: Losing something that matters <input type="checkbox"/> Disregard: Feeling unheard or minimized <input type="checkbox"/> Unfairness: Being treated unequally or with bias <input type="checkbox"/> Voicelessness: Having no say in matters that affect me	<input type="checkbox"/> Rejection: Feeling unwanted or excluded <input type="checkbox"/> Neglect: Feeling invisible or unsupported <input type="checkbox"/> Conflict: Feeling misunderstood or caught in tension <input type="checkbox"/> Cruelty: Feeling attacked or berated <input type="checkbox"/> Betrayal: Broken trust or crossed boundaries

Insight: My Most Frustrated Need

Each trigger points to one primary unmet need. **Pick the ONE that feels most threatened:**

- ☐ **Confidence:** I feel unappreciated, unseen, or unworthy.
- ☐ **Choice:** I feel trapped, controlled, or powerless.
- ☐ **Connection:** I feel lonely, unsupported, or erased.

Step 3: Spot My Shadows

When our core needs are threatened, we slip into survival mode. Shadows are those knee-jerk patterns that feel protective but actually keep us stuck in the pain we’re trying to escape.

Exercise: My Shadow Motive, Goal(s), and Habit(s)

Check the **ONE motive** that feels the most familiar right now:

- ☐ **1. Prove:** “If I’m impressive, I’m enough.” **Goals:** Over-functioning, performing, validation-seeking
Habits: Workaholism (confidence), micromanagement (choice), popularity (connection)
- ☐ **2. Protect:** “If I defend my ego, I won’t get hurt.” **Goals:** Lashing out, deflecting, blaming
Habits: Defensiveness (confidence), rebelling or dominating (choice), aggression (connection)
- ☐ **3. Prevent:** “If I don’t try, I can’t fail.” **Goals:** Withdrawing, playing small, or giving up
Habits: Procrastination (confidence), giving up (choice), ghosting (connection)

Now, circle the goal(s) and habit(s), above, that are showing up most for you. Then, answer this question:

 **How is my current behavior different from when I’m at my best, and what’s it costing me?**

✓ Step 4: Pick My Pivots

Shatterproof people reclaim their power by stepping out of their shadows and choosing small, intentional shifts—actions that meet their core needs in healthier ways.

📌 Exercise: Choose One Shatterproof Goal

Pick **ONE** goal that best restores your unmet need and nudges you back to your strongest, truest self.

Frustrated Need	Shatterproof Goal
Confidence	Mastery: Build or sharpen a skill I care about
	Self-development: Commit to growing and improving myself
Choice	Joy: Reconnect with something I love to do
	Health: Maximize my physical and mental health
	Purpose: Focus on things that feel meaningful and right
	Agency: Make my own choices, live on my own terms
	Advocacy: Speak up for what I need or believe
	Self-awareness: Understand and accept who I am
	Authenticity: Live my values and beliefs
Connection	Belonging: Build positive social bonds
	Closeness: Deepen my most important relationships
	Forgiveness: Release resentment for my own well-being
	Spirituality: Connect to something bigger than myself
All Needs	Service: Make a positive impact on others and the world

📌 The Shatterproof Goal I am choosing is:

💡 Insight: Run a Shatterproof Experiment

Choose one small, doable action in the next 24 hours that honors your need and goal. Think **small** and **specific**: this is about building momentum, not overhauling your life. Example experiments:

- ☐ **Confidence:** Tackle one task I've been avoiding to feel capable again.
- ☐ **Choice:** Block one hour for something I truly enjoy.
- ☐ **Connection:** Send a gratitude text to a friend.

📌 In the next 24 hours, I will:



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