Worksheet 2.1: 72-Hour Reset Checklist

Companion to Elastic Intelligence, *Chapter 2*

Name: _____ Date: _____

How to use: Use this in the first three days after a job loss or a major role change (Chapter 2). Tick each item as you finish it.

First 24 hours

- ☐ Pause before making big decisions
- ☐ Tell one trusted person
- ☐ Write down the facts: dates, pay, benefits, deadlines
- ☐ Sleep, eat, and move

Hours 24–48

- ☐ List monthly costs and runway
- ☐ Check benefits and severance terms
- ☐ Tell three people what happened and what you are looking for
- ☐ Write one paragraph: what I am proud of in my work

Hours 48–72

- ☐ Draft my cognitive fingerprint, not my job title
- ☐ Name one adjacent role worth exploring
- ☐ Schedule one conversation
- ☐ Choose a daily routine for the next two weeks

What I will do tomorrow morning:

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