Day 2: Your Body Is Constantly Communicating

The body changes -> the state changes -> the signals can change.

SIGNALS WE ALREADY TRACK

Sleep	Temperature
Resting heart rate	Activity
Heart-rate variability	Respiration
Glucose	Other

A single number is a snapshot. Repeated observations can reveal a pattern. A signal gives information, but it does not automatically tell us the cause.

A signal is information. Not a diagnosis.

Which signals do I already pay attention to in my own life?

Event -> Response -> Pattern

Use this page to think like an observer. What happened, what changed, and have you noticed the same relationship before?

EVENT / CONTEXT	WHAT CHANGED?	PATTERN I NOTICE

One thing I want to observe instead of immediately trying to fix:

Your Voice Is Sound Created by a Living System

You already hear changes in people's voices. Today, notice when your own voice changes and what was happening in your body or emotional state at the time.

WHEN DOES MY VOICE CHANGE?

- First thing in the morning
- After poor sleep
- After a long workday
- When relaxed
- When stressed
- When excited
- When angry
- When sad / emotional
- When sick or physically depleted

Same words. Different signal.

Try saying: "I will take care of it." Calmly. Tired. Irritated. Excited. Worried. The words stay the same, but the signal changes.

What did I notice about pitch, pace, volume, breath, tension, or emotion?

Do Not Fix. Just Notice.

For the next 24 hours, listen to your own voice in context. The goal is not to sound different. The goal is simply to observe.

TIME / MOMENT	MY STATE	WHAT I NOTICE IN MY VOICE
Morning		
Midday		
After stress		
Evening		

Something I noticed in someone else's voice before they told me how they felt:

What I Am Taking From Day 2

My body is communicating far more than I realized.

COMPLETE THESE SENTENCES

The signal I pay most attention to now is...

The pattern I am most curious about is...

The biggest idea I learned about the human voice is...

If my voice contains all of this information, could there be patterns in my own voice that I cannot consciously hear?

What I want to discover on Day 3

Keep this workbook nearby tomorrow.

We will build on your notes, observations, and the questions you are carrying forward.