

Where am I today?

Place one mark on each of the ten solid continua. Use recent evidence, not the answer you wish were true. A mark may sit on or between labels.

FEAR CONTRACTION

↔

CONSCIOUSNESS / THE PART THAT NOTICES

↔

LOVE EXPANSION

01

○
Hopelessness

○
Sadness

○
Purpose

○
Happiness

○
Bliss

ALIGNMENT / ENCLOSING STATE

02

○
Crisis

○
Illness

○
Health

○
Fitness

○
Radiance

03

○
Poverty

○
Subsistence

○
Wealth

○
Abundance

○
Legacy

04

○
Denial

○
Control

○
Self Love

○
Service

○
Acceptance

HOW I MOVE / SIX OPERATING PATTERNS

05

○
Fixed

○
Mindset

○
Growth

06

○
Consumption

○
Value

○
Creation

07

○
Negative

○
Communication

○
Positive

08

○
Avoiding

○
Wounds

○
Healing

09

○
External

○
Power

○
Internal

10

○
Attachment

○
Outcomes

○
Detached

REFLECTION WINDOW

DATE / TIME

CONTEXT

☐ Right now ☐ Today ☐ Recent week

WHAT I AM REFLECTING ON

EVIDENCE I USED

ONE PLACE TO INSPECT

ONE REALISTIC MOVE

SOURCE-LAYER DRAFT / LEAVE UNMARKED

Object / Referral / Self

Not one of today's ten markers

SAFETY OVERRIDE

If Crisis means immediate danger or you cannot stay safe, stop and contact local emergency or crisis support.