

The Agency Audit

START NOW, TEN MINUTES

HEALTH Waking to first screen, if nobody decides anything?

WEALTH What would I decline if it were offered fresh today?

RELATIONSHIPS What conversation have I moved to next week, twice?

Circle the one you wrote fastest and liked least. That's the room.

SEE THE DEFAULT If I change nothing, what happens here this week? What would a camera see?

NAME IT I am deciding whether I

THE COST Left undecided, what does it cost me by the end of the month?

THE GOVERNOR Does this deserve me, now?

THE MOVE If [when, where], then I will, within 48 hours:

READ ON The date, a week at most. The one person I'll tell:

CLOSE A WEEK LATER, FIVE MINUTES

WHAT CHANGED In the world. A fact someone could check.

SURPRISE What did it show me that I didn't expect?

NOW What does the situation require now?

keep

adjust

abandon

escalate

If you write the same worry twice, stop and write only the move.

One rep a week. Let reality pick the room.