

The Life Design Audit

One real hour. Not a pocket of time between things.

1. What am I currently carrying?

Everything — work, family, obligations, projects, relationships, ongoing concerns. One item per line. Don't filter; the unfiltered count is part of the data. *(Keep going on the back — most people pass twenty.)*

2. Mark each item: CHOSEN or ACCUMULATED

Chosen = you'd pick it back up even if you could put it down. Accumulated = it arrived as drift — a yes easier than a no, an obligation that calcified, a fear dressed as a strategy.

3. What could I release, renegotiate, or step back from over the next six months?

Circle up to three ACCUMULATED items above.

4. Where are my foundations running thin?

Sleep / Movement / Food / Relationships — which one has been quietly deprioritized?

5. My one structural change

Not a hundred things. One: a conversation that redistributes a load, a recurring commitment ended, a recovery practice made non-negotiable (the week schedules around it, not it around the week).

The question that matters isn't how much you're carrying. It's how much of it is actually yours. Chosen demands cost measurably less to carry than identical imposed ones. Re-run this twice a year — the count rarely shrinks; the point is that you can name what's on the list.