

The Reality Inventory

Where you really are, filters off. Ten minutes, done honestly, beats an hour done impressively.

The facts, domain by domain

One honest sentence each. Facts, not verdicts. “I have debt” not “I’m hopeless with money.”

DOMAIN

THE STORY I TELL

THE FACT

Health

Relationships

Work and money

Personal growth

Environment

The thing I have been avoiding looking at:

Reading it back: what feels lighter now it is on paper?

Remember: grounding is a starting position, not a verdict. You cannot navigate from a position you refuse to admit you are in.