

The Litmus Test

Did I arrive here by accumulation, or did I intentionally design to be here?

NAME

DATE

SEASON / WEEK

STEP 01

Locate

Where am I actually standing right now?

The season I'm in:

What is real about my life today:

What I've been avoiding naming:

STEP 02

Orient

Where was I trying to go?

The version of my life I was designing for:

What mattered to me when I set this direction:

What still matters, and what has quietly changed:

STEP 03

Test

Is this path still taking me there?

What's aligned with where I'm heading:

What's drifted, added by accumulation, not choice:

What's costing me more than it's returning:

THE NEXT STEP · DECIDE

What does this journey genuinely require of me now? Name the Jobs To Be Done.

Keep. Adjust. Release.