Quick Start: The 15-Minute Identity Audit (Do This Today)

Set a timer. Don't overthink. Write honestly.

Minute 0–3 - Pick ONE area
Choose the area where you feel most stuck right now:

- Money / Career
- Health / Energy
- Relationships
- Confidence / Focus

Minute 3–6 - Find the old code
Finish this sentence without filtering:

"In this area, I'm the kind of person who _____."

Then write the quiet rule underneath:

"People like me usually _____."

Minute 6–9 - Debug the belief
Ask these four questions and answer fast:

- Is this 100% true?
- When has this not been true, even once?
- What does this belief cause me to avoid or delay?
- If i dropped this belief for 30 days, what would i do differently?

Minute 9–12 - Install a usable upgrade
Write a **more accurate, believable rule** (not a positive quote):

"A more accurate rule might be: _____."

If it feels fake, simplify it until your brain accepts it.

Minute 12–15 - Create proof

Choose **one tiny action** you can repeat daily for 7 days:

- 10 minutes of focused work
- 10 pushups
- One uncomfortable but honest message
- One small price test
- One skill practice session

That’s it. Don’t optimize. Just log the evidence.