

**BECOME SELF-LED**

- ☒ Schedule rest \*before\* feeling depleted (Projector energy).
- ☒ Track clarity in different environments (start 'Clarity Journal').
- ☒ Only act when invited — ask: 'Do I feel seen and appreciated?'
- ☒ Practice daily 'Recognition Ritual' in the mirror.
- ☒ Create a decision-making environment that feels supportive.
- ☒ Use boundary phrase for projections: 'Does this align with me?'

**JOURNALING PROMPTS (Based on Undefined Centers)**

- ☒ G Center: What environments help me feel most like myself?
- ☒ Ego Center: Where do I feel I need to prove my value?
- ☒ Solar Plexus: Whose emotions am I amplifying as my own?

**IFS PARTS WORK**

- ☒ Ask Manager: What taught you to hide my gifts?
- ☒ Ask Manager: What would help you let me be seen?
- ☒ Ask Firefighter: What tells you it’s time to shut down?
- ☒ Ask Firefighter: What helps you trust I can stay present?
- ☒ Ask Firefighter: What’s your earliest memory of needing to hide me?

**FACTS vs STORIES Practice**

- ☒ Journal 2–3x this week: What happened? What story am I telling?
- ☒ Identify: Which part is telling the story?
- ☒ Ask: What else might be true from my Self-led voice?

**WORST-CASE SCENARIO JOURNALING**

- ☒ Scenario 1: What if I showed up consistently for 90 days?
- ☒ Scenario 2: What if success brought new discomfort?
- ☒ Scenario 3: What if judgment actually happened?

**90-DAY MOMENTUM PLAN**

- ☒ Try 3 different environments before key decisions.
- ☒ Track invitations vs. pushing weekly.
- ☒ Check in with protector parts before hiding.
- ☒ Rest before resistance—schedule downtime proactively.