

Audit & Align: Break Free from Indifference

Goal Setting 1 of 6



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The last thing we have to do to close off the year and kick-start the new, is a good AUDIT!!!! And leaning on Mel Robbins' age-old system, here's a simple yet powerful way to begin: grab your trusty mobile photo album.



That's right... take a stroll down memory lane, one photo at a time. Relive the moments, the school holidays, the milestones, and even the mundane Tuesdays. So

through week by week, month by month, and let the snapshots tell the story of your year.

As you do, ask yourself: **What did I learn about my life? About myself?** Because each picture holds a clue - a breadcrumb leading you to the bigger picture of who you've been, who you are, and who you want to become.

And as I was reviewing my year to plan ahead for the next one, this quote from *The Boondock Saints* (one of my all-time favourite films) came to mind:

"We must all fear evil men. But there is another kind of evil that we must fear more and that is the indifference of good men."

Stay with me here - because while it might seem dramatic, there's something deep hiding in those words. See, the most dangerous kind of indifference isn't what others do or don't do. It's the indifference we show ourselves. You know what I mean - the "fine" life where everything's... okay. Not great, not terrible, just fine. Like living on autopilot while watching someone else play your character.

I see you nodding. Maybe you're the fixer, the helper, always looking out for everyone else. You're kind, compassionate, selfless. But somewhere along the way, you forgot to extend that same kindness to yourself.

The Spiral Down

Let me take you back to early 2024. There I was, stuck in a job I didn't love, trapped in a toxic environment that felt like walking into an action drama between feuding families. Wrong time, wrong place, wrong everything.

But I stayed. Why? Because the reasons to endure seemed to outweigh the suffering (Spoiler alert: they didn't.) I had mastered the art of being indifferent to my own needs, telling myself I was "just being practical." I kept reminding myself why I needed to tough it out, but in reality, I had been ignoring my own needs, emotions, and well-being for far too long.

How did I get there? It all started the year before, in 2023.

The Year That Changed Everything

2023 was survival mode, plain and simple. My son was battling severe eczema, and threw everything I had into finding a solution. After months of trying different treatments, I finally found something that worked: targeted DNA therapy called Dupixent shots.

The shots were effective but expensive. One day, after a particularly difficult appointment, I maxed out my credit card while trying to pay. My mum, who was there to support my son, quietly stepped in and paid.

Her words still echo in my mind: *"It's worth it for my grandson."*

I remember feeling my face burn with shame and my eyes welling up. That moment shattered me. I vowed never to feel that way again.

So I did what I had to do. I took a job littered with red flags, endured a toxic workplace, and made myself small to survive. My son recovered, but I was a shell of myself. I didn't know who I was or what I wanted anymore.

Jumping Through ADHD Loops and Hoops

It wasn't until I began to understand my ADHD loops that I stumbled upon the idea of spiralling. For years, I'd find myself trapped in endless cycles of overthinking, visualising every possible outcome - mostly the worst ones - and trying to preemptively solve problems that hadn't even happened yet. Great for pre-product planning, of course, but the problem was I couldn't turn it off in my everyday life. It only accelerated after becoming a mum, with anxiety feeding me vivid imaginings of every possible way I could accidentally harm my kids. (What? Was it only me?) It was like being stuck in a mental hamster wheel with no exit in sight.

But then I realised something: just as my brain could spiral down into these dark, defeating loops, it could also spiral up - if I could redirect it. It wasn't easy at first, but don't get me wrong, I still get episodes now and then. But with practice, I've found that I can consciously shift my thoughts and build momentum in a more empowering direction.

The Spiral of Indifference

Indifference doesn't happen all at once. It creeps in slowly, like a fog, until one day wake up and realise you've been ignoring your own needs for far too long.

For me, indifference looked like:

- Staying in a job that drained me because “it’s the practical thing to do.”
- Ignoring the signs of burnout because I “should be grateful.”
- Putting everyone else first and forgetting to ask: *What do I need?*

Sound familiar?

Indifference is sneaky because it feels like you're just “getting by.” But the truth is a spiral - one that drags you deeper the longer you ignore it.

The Pivot: From Stuck to Spiralling Up

If there's one thing I've learned, it's this: **the same energy that pulls you down can also pull you up.** The key is awareness and intention.

The Pivot: From Stuck to Spiralling Up

Step	What to Do	Key Questions/Actions
Step 1: Recognise the Indifference	Pause and reflect on where you're stuck.	<ul style="list-style-type: none"> • Am I living, or just surviving? • Where am I “fine” but not fulfilled? • What am I tolerating that I shouldn't be?
Step 2: Audit Your Life	Take stock of what's working and what's not.	What's working? What's not? <ul style="list-style-type: none"> • What brings me joy? What drains me? • Where am I out of alignment with my values?
Step 3: Spiral Up	Shift from a downward spiral to upward momentum.	1. Pause & Pivot: Notice negative thought loops. Pause, breathe, and ask: What's really going on here? 2. Reframe the Story: “What if it goes right?” instead of w 3. Take Action: Confidence follows action. Take one smal
Step 4: Release the Tension	Use visualization to let go of unresolved emotions or tension.	1. Locate where you feel tension in your body. 2. Visualise it as a colour or texture. 3. Imagine a bright red rose absorbing that tension. 4. See the rose float away, taking the tension with it.

The Power of Choosing Yourself

If 2024 has taught me anything so far, it's this: **you can't pour from an empty cup.** Being kind to yourself isn't selfish... it's necessary.

By choosing to prioritise my well-being, I've learned to spiral up, raise my energy, and bring more joy and purpose into everything I do. And here's the best part: when you raise your own energy, you lift up everyone around you too.

So My Final Thoughts: Audit, Align, Act

As we step into this new year, I invite you to take a moment to reflect:

- Where have you been indifferent to your own needs?
- What would it look like to spiral up instead of spiralling down?
- How can you choose yourself - your joy, your values, your purpose - this year?

Because at the end of the day, life isn't about being "fine." It's about living fully, loving deeply, and choosing joy... every single day.

Your life isn't meant to be lived on autopilot. This year, choose yourself - even if it starts with just five minutes of presence in the morning. That's how I started, and now, it changes everything.

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