

02 - 05 - 04 - Process Review Worksheet

Purpose of This Tool

This worksheet helps you step back and review how your personal system is functioning.

It's designed for quarterly reflection — or anytime you feel unclear, overwhelmed, or like your system needs a tune-up.

Step 1: What's Working?

- What parts of my system feel natural and aligned?
 - What tools or rhythms are helping me think clearly and move forward?
 - What feedback or results affirm that the system is working?
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Step 2: What's Not Working?

- Where do I feel friction, fatigue, or avoidance?
 - What tools feel like overhead or performance?
 - Where am I drifting from my SelfFrame or Framework?
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Step 3: What Needs Updating?

- Does anything in my Framework need to evolve?
 - Do my planner prompts still resonate?
 - Has my energy pattern shifted?
 - Is AI responding well to how I think now?
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Step 4: Reset or Refine

- What will I stop doing?
- What will I simplify?
- What will I recommit to?

- What will I test or explore next?
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Tip

Use this worksheet alongside:

- Drift Detector (02 - 05 - 02)
- Review Log (02 - 06 - 02)
- AI Configuration (02 - 07 - 01)

Doing a process review regularly builds trust in your system and helps it evolve *with* you — not drift *away* from you.