Purpose of This Tool

This tool helps you detect when your personal system is drifting out of alignment.

Drift doesn't always show up as failure — sometimes it looks like success with the wrong feeling underneath. This worksheet helps you identify subtle signs before they become major misalignments.

Drift Detection Prompts

Ask yourself:

- Am I doing things that look right but feel off?
- What part of my system feels like friction right now?
- When was the last time I felt genuinely energised by this system?
- Am I performing or aligning?
- Have I drifted from my Why / What / How?

Checkpoints

1. Energy Check

- Do I feel drained by processes I designed?
- Is my motivation coming from clarity or pressure?

2. Alignment Check

- Are my current actions aligned with my SelfFrame?
- Am I honouring my natural working style?

3. System Review

- Which tools still feel useful?
- What's become performative, bloated, or unnecessary?

Reset Options

If drift is detected:

- Revisit your SelfFrame (02 - 02 - 01)
- Simplify your planner setup (02 - 04)
- Drop tools that no longer serve
- Update your Framework or AI config

When to Use

- Monthly or quarterly check-in
- When friction or fatigue becomes persistent
- When results don't match your inner sense of progress

This tool helps restore **trust** in your system by realigning it to you.