**02 - 05 - 02 - System Drift Detector**

**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.