**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?

**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?

**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?

**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?

**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.