

#20 — THE CAUSE & EFFECT PIPELINE CHECK

Five questions to reveal the straight line between your choices and your outcomes.

Every action is a cause.

Every cause creates an effect/experience.

Nothing is random.

Nothing is “just happening.”

Your life is the sum of the equations you’ve been running — consciously or not.

This tool helps you trace the pipeline clearly so you can stop being surprised by outcomes... and start predicting them.

1. What exact action (choice, behavior, pattern, decision) did I put into motion?

Be literal.

Not emotional.

Not metaphorical.

What did I *actually* choose or allow?

Experiences always begin with a single measurable action.

Your thoughts: _____

2. What experience did this action logically produce?

Not what you hoped.

Not what you believed.

Not what you assumed.

What *did* it create — in reality, not imagination?

Experiences don’t lie.

They report.

Your thoughts: _____

3. Is this action consistent with the pattern of similar actions in my past?

If the outcome keeps happening, the action hasn’t changed.

Patterns are not mysteries — they are repeated equations.

Your thoughts: _____

4. If I want a different experience, what action must change immediately?

You cannot do A and expect D.

You cannot choose B and hope for F.

Consequences change when actions change — not before.

Your thoughts: _____

5. What is the long-term trajectory if I keep repeating this action?

Actions create direction.

Direction creates your experience.

If you don't want the experience, you must change the action.

Your thoughts: _____

FINAL REMINDER:

Clarity isn't emotional.

It's mathematical.

Your life is built by the actions you choose —
and changed by the ones you stop choosing.