

AIR — One-Page Inner Blueprint

A 2-minute worksheet to map your inner architecture and choose your next best move.

Date: _____ Topic / Area: _____

1) Outer Pattern (What's happening?)

Write short. Be honest. No perfection.

2) Inner Driver (Belief / Need / Story)

Write short. Be honest. No perfection.

3) Emotion + Body Signal (Data, not a command)

Write short. Be honest. No perfection.

4) New Choice (Identity-aligned reframe)

Write short. Be honest. No perfection.

The Next Domino (What I will do in the next 24 hours)

Make it small, specific, and measurable. One action.
