

MONTH ONE

YOUR GUIDE TO LIFE WITH RIGHT MEASURE



The Ma'at Axis System™

WORK-STUDY COMPANION WEEK 1

ATRIUM PROGRAM GUIDE



The Ma'at Axis System™



THIS PROGRAM GUIDE BELONGS TO:

“THE WORK BEHIND THE AWARENESS”

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Each week, you will:

- Watch the lesson in full
- Return here to engage the guided work
- Take time to reflect, write, and think without rush in

This process allows you to move from:

- Hearing → to Understanding
- Understanding → to Awareness
- Awareness → to Clarity

**THIS WILL SIT ALONGSIDE YOUR JOURNAL AND FUNCTION AS:
WHERE THE THINKING HAPPENS BEFORE THE RECORDING**

ATRIUM PROGRAM GUIDE



Purpose of the Work

This is not passive learning.

This Workbook is designed to:

- Slow you down
 - Increase your level of observation
 - Reveal patterns you may not have previously seen
 - Prepare you for meaningful participation in the Integration Lab
-

Before Each Integration Lab

You are expected to have:

- Completed the weekly Workbook sections
- Identified real-life examples and patterns
- Gained a level of clarity you can articulate

The Integration Lab is where:

- Your awareness is refined
 - Your observations are challenged
 - Your understanding becomes more precise
-

Important Guidance

Although this program is self-paced, it is not designed to be rushed. Each week of work should be engaged over a minimum of 5 – 7 days.

This allows time to:

- Observe your life in real context
- Recognize patterns as they occur
- Process without avoidance or distortion

(Notes) IMPORTANT THINGS TO KEEP IN MIND THROUGHOUT THE YEAR

Non-Negotiable Principle

This is not about completing pages.

This is about:

- Developing the ability to see clearly and live in alignment with what you see

The depth of this work is not determined by how quickly you move...
But by how honestly you engage.

Ankh Ma'at - Aligned with Life in Right Measure



WEEK 1 — THE NATURE OF THE AXIS FROM AWARENESS TO RECOGNITION



SECTION 1 — CONCEPT ANCHOR

THE AXIS IS YOUR STABILIZING CENTER.

**IT IS THE INTERNAL LINE THAT DETERMINES WHETHER YOUR
LIFE MOVES
IN ORDER... OR IN DISTORTION.**

MA'AT IS NOT AN IDEA.

**IT IS RIGHT MEASURE—THE CORRECT ALIGNMENT BETWEEN
THOUGHT, BEHAVIOR, AND REALITY.**

DISORDER (ISFET) IS NOT RANDOM.

IT IS THE RESULT OF:

- MISALIGNMENT
- INCONSISTENCY
- LACK OF STRUCTURE
- AVOIDANCE OF TRUTH

YOU ARE NOT HERE TO REACT TO LIFE.

**YOU ARE HERE TO ESTABLISH ALIGNMENT BEFORE
DISRUPTION OCCURS.**

WHAT YOU SHOULD UNDERSTAND NOW

- YOUR LIFE REFLECTS YOUR LEVEL OF ALIGNMENT
- DISORDER IS NOT ACCIDENTAL—IT IS PRODUCED
- AWARENESS IS THE FIRST STEP, NOT THE SOLUTION
- YOU CANNOT CORRECT WHAT YOU REFUSE TO SEE



WEEK 1 — THE NATURE OF THE AXIS FROM AWARENESS TO RECOGNITION



SECTION 2 — GUIDED REFLECTION

IF YOU FIND YOURSELF HESITATING, MINIMIZING, OR JUSTIFYING—PAUSE.
THAT IS WHERE THE REAL WORK IS.

TAKE YOUR TIME HERE. DO NOT RUSH THIS PROCESS.

REFLECTION 1: YOUR CURRENT STATE OF ALIGNMENT

- WHERE IN MY LIFE DO I FEEL STABLE AND CLEAR?
- WHERE DO I FEEL INCONSISTENT OR UNCERTAIN?
- WHERE DO I FEEL COMPLETELY OUT OF ORDER?

REFLECTION 2: UNDERSTANDING DISORDER

- WHAT AREAS OF MY LIFE FEEL CHAOTIC OR REPETITIVE?
- WHAT PROBLEMS KEEP SHOWING UP AGAIN AND AGAIN?
- WHAT HAVE I BEEN CALLING "CIRCUMSTANCES" THAT MAY ACTUALLY BE MISALIGNMENT?

REFLECTION 3: REACTIVE VS PREVENTATIVE LIVING

- WHERE IN MY LIFE AM I CONSTANTLY REACTING INSTEAD OF PREPARING?
- WHAT SITUATIONS COULD HAVE BEEN AVOIDED WITH BETTER STRUCTURE OR AWARENESS?
- WHAT DO I TEND TO IGNORE UNTIL IT BECOMES A PROBLEM?

REFLECTION 4: TRUTH WITHOUT DISTORTION BE HONEST. NO JUSTIFICATION.

- WHERE AM I OUT OF ALIGNMENT RIGHT NOW?
- WHAT BEHAVIORS CONTRIBUTE TO THIS?
- WHAT AM I AVOIDING ACKNOWLEDGING?



WEEK 1 — THE NATURE OF THE AXIS FROM AWARENESS TO RECOGNITION



SECTION 3 — AXIS APPLICATION EXERCISE

EXERCISE: REAL SITUATION BREAKDOWN CHOOSE ONE REAL-LIFE SITUATION THAT IS CURRENTLY UNRESOLVED OR RECURRING.

STEP 1 — WHAT HAPPENED (NO EMOTION)
DESCRIBE THE SITUATION FACTUALLY.

STEP 2 — WHAT WAS OUT OF ORDER

- WHAT SPECIFICALLY WAS MISALIGNED?
- WHAT SHOULD HAVE BEEN IN PLACE THAT WASN'T?

STEP 3 — YOUR ROLE

- WHAT DID YOU CONTRIBUTE TO THIS SITUATION?
- WHAT DID YOU ALLOW, IGNORE, OR AVOID?
- WHAT WOULD THIS SITUATION LOOK LIKE IF IT WERE HANDLED IN FULL ALIGNMENT?

STEP 4 — PATTERN RECOGNITION

- HAS THIS HAPPENED BEFORE?
- WHERE ELSE DOES THIS SHOW UP IN YOUR LIFE?

STEP 5 — CLARITY STATEMENT

COMPLETE THIS:

"THIS SITUATION IS NOT RANDOM. IT IS THE RESULT OF _____."



WEEK 1 — THE NATURE OF THE AXIS FROM AWARENESS TO RECOGNITION



SECTION 4 — INTEGRATION LAB PREP

TAKE YOUR TIME HERE. DO NOT RUSH THIS PROCESS.

COME PREPARED.
NOT WITH STORIES—
WITH CLARITY.

BE READY TO:

- SHARE ONE SITUATION YOU ANALYZED
- EXPLAIN WHAT WAS ACTUALLY OUT OF ORDER
- IDENTIFY YOUR ROLE WITHOUT DEFLECTION
- SPEAK IN OBSERVATION, NOT EMOTION

IMPORTANT:

YOU ARE NOT BEING ASKED TO FIX ANYTHING YET.
YOU ARE BEING ASKED TO SEE CLEARLY.

NOTES:



CLARITY IS YOUR RESPONSIBILITY.
REFINEMENT HAPPENS IN THE LAB.



WEEK 1 — THE NATURE OF THE AXIS FROM AWARENESS TO RECOGNITION



SECTION 5 — EMBODIMENT DIRECTIVE

THIS IS YOUR WORK FOR THE NEXT 5 – 7 DAYS.

DAILY OBSERVATION PRACTICE

THROUGHOUT YOUR DAY, BEGIN NOTICING:

- WHERE THINGS FEEL ALIGNED VS OFF
- WHERE YOU ARE REACTING VS DIRECTING
- WHERE STRUCTURE IS PRESENT VS MISSING

AWARENESS CHECK (END OF DAY)

EACH DAY, ASK YOURSELF

- WHAT DID I NOTICE TODAY THAT I DIDN'T SEE BEFORE?
- WHERE DID DISORDER SHOW UP?
- WHAT DID I IGNORE?
- WHAT AM I NOW UNABLE TO IGNORE?

NON-NEGOTIABLE RULE

DO NOT ATTEMPT TO FIX EVERYTHING.

YOUR ONLY RESPONSIBILITY THIS WEEK IS: **TO SEE CLEARLY.**

CLOSING ANCHOR

AWARENESS CHANGES NOTHING— UNTIL IT BECOMES UNAVOIDABLE.

THIS WEEK, YOU ARE REMOVING THE OPTION TO REMAIN UNAWARE

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WORK-STUDY COMPANION Week 2

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- Slow you down
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(Notes) IMPORTANT THINGS TO KEEP IN MIND THROUGHOUT THE YEAR

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But by how honestly you engage.

Ankh Ma'at - *Aligned with Life in Right Measure*

WEEK 2 — THE 7 AXIS DOMAINS FROM AWARENESS TO STRUCTURAL PRECISION

SECTION 1 — CONCEPT ANCHOR



THE AXIS IS NOT ABSTRACT.

IT IS EXPRESSED THROUGH 7 SPECIFIC DOMAINS THAT GOVERN YOUR LIFE.

**WHERE THERE IS MISALIGNMENT IN YOUR LIFE—
IT EXISTS WITHIN ONE OR MORE OF THESE DOMAINS.**

THE 7 DOMAINS:

- IDENTITY — WHO YOU ARE ALIGNED TO
- ORDER — WHAT GOVERNS YOUR LIFE
- STRUCTURE — WHAT SUPPORTS YOUR LIFE
- POWER — HOW YOUR ENERGY IS DIRECTED
- RHYTHM — HOW YOU MOVE THROUGH TIME
- DISCERNMENT — HOW YOU DETERMINE WHAT IS CORRECT
- PURPOSE — WHAT YOUR LIFE IS ORIENTED TOWARD

YOU ARE NOT HERE TO REACT TO LIFE.

**YOU ARE HERE TO ESTABLISH ALIGNMENT BEFORE
DISRUPTION OCCURS.**

-  WHAT YOU SHOULD UNDERSTAND NOW:
- MISALIGNMENT IS NOT RANDOM—IT IS LOCATABLE
 - EVERY ISSUE IN YOUR LIFE CAN BE TRACED TO A DOMAIN
 - YOU CANNOT CORRECT WHAT YOU CANNOT IDENTIFY PRECISELY
 - AWARENESS MUST NOW BECOME SPECIFIC



WEEK 2 — THE 7 AXIS DOMAINS FROM AWARENESS TO STRUCTURAL PRECISION



SECTION 2 — GUIDED REFLECTION

IF YOU FIND YOURSELF HESITATING, MINIMIZING, OR JUSTIFYING—PAUSE.
THAT IS WHERE THE REAL WORK IS.

⚠ **INSTRUCTION: DO NOT ANSWER QUICKLY.**

DOMAIN 1 — IDENTITY

WHO AM I CURRENTLY ALIGNED WITH OR INFLUENCED BY?
DO MY CHOICES REFLECT WHO I SAY I AM?
WHERE IS THERE A GAP BETWEEN IDENTITY AND BEHAVIOR?

DOMAIN 2 — ORDER

WHAT CURRENTLY GOVERNS MY DAILY DECISIONS?
AM I LED BY STRUCTURE, EMOTION, OR CIRCUMSTANCE?
WHERE IS THERE A LACK OF CLEAR ORDER IN MY LIFE?

DOMAIN 3 — STRUCTURE

WHAT SYSTEMS OR ROUTINES SUPPORT MY LIFE?
WHERE IS THERE INCONSISTENCY OR ABSENCE OF
STRUCTURE?
WHAT AM I RELYING ON THAT IS UNSTABLE?

DOMAIN 4 — POWER

WHERE IS MY ENERGY GOING DAILY?
WHAT DRAINS ME VS WHAT BUILDS ME?
WHERE AM I MISDIRECTING MY ENERGY?

DOMAIN 5 — RHYTHM

HOW DO I MOVE THROUGH MY DAYS?
IS THERE CONSISTENCY IN MY HABITS AND TIMING?
WHERE AM I OUT OF SYNC OR DISORGANIZED IN TIME?



WEEK 2 — THE 7 AXIS DOMAINS FROM AWARENESS TO STRUCTURAL PRECISION



SECTION 2 — GUIDED REFLECTION CONT'D

IF YOU FIND YOURSELF HESITATING, MINIMIZING, OR JUSTIFYING—PAUSE.
THAT IS WHERE THE REAL WORK IS.

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DOMAIN 6 — DISCERNMENT

HOW DO I DECIDE WHAT IS RIGHT OR WRONG?
WHERE HAVE I MADE POOR JUDGMENTS RECENTLY?
WHAT INFLUENCES MY DECISIONS THE MOST?

DOMAIN 7 — PURPOSE

WHAT IS MY LIFE CURRENTLY ORIENTED TOWARD?
ARE MY ACTIONS ALIGNED WITH THAT DIRECTION?
WHERE AM I DRIFTING OR UNCLEAR?



WEEK 2 — THE 7 AXIS DOMAINS

FROM AWARENESS TO STRUCTURAL PRECISION

SECTION 3 — DOMAIN MAPPING



EXERCISE: REAL SITUATION BREAKDOWN CHOOSE ONE REAL-LIFE SITUATION THAT IS CURRENTLY UNRESOLVED OR RECURRING.

STEP 1 — IDENTIFY MISALIGNMENT

WHICH DOMAINS ARE INCONSISTENT OR OUT OF ORDER?

STEP 2 — CHOOSE TOP 2 DOMAINS

FOCUS ONLY ON TWO.

STEP 3 — BREAKDOWN

FOR EACH SELECTED DOMAIN:

WHAT IS CURRENTLY HAPPENING?

WHAT BEHAVIORS REVEAL THIS MISALIGNMENT?

WHAT PATTERN DO YOU SEE FORMING?

STEP 4 — IMPACT AWARENESS

HOW IS THIS AFFECTING OTHER AREAS OF YOUR LIFE?

WHAT IS THE COST OF THIS REMAINING UNCHANGED?

STEP 5 — CLARITY STATEMENT

"THE PRIMARY AREA OF MISALIGNMENT IN MY LIFE RIGHT NOW IS _____, AND IT IS SHOWING UP THROUGH _____."



WEEK 2 — THE 7 AXIS DOMAINS FROM AWARENESS TO STRUCTURAL PRECISION

SECTION 4— INTEGRATION LAB PREP



TAKE YOUR TIME HERE. DO NOT RUSH THIS PROCESS.

COME PREPARED.

WITH PRECISION

🔑 BE READY TO:

- IDENTIFY YOUR TOP 2 MISALIGNED DOMAINS
- EXPLAIN WHY THEY ARE MISALIGNED
- PROVIDE REAL EXAMPLES (NOT GENERAL STATEMENTS)
SPEAK CLEARLY AND DIRECTLY

⚠️ IMPORTANT:

YOU ARE NOT FIXING THE DOMAINS YET.

**YOU ARE LEARNING TO: LOCATE MISALIGNMENT WITH
ACCURACY**

NOTES:



**CLARITY IS YOUR RESPONSIBILITY.
REFINEMENT HAPPENS IN THE LAB.**



WEEK 2 — THE 7 AXIS DOMAINS FROM AWARENESS TO STRUCTURAL PRECISION SECTION 5 - EMBODIMENT DIRECTIVE

THIS IS YOUR WORK FOR THE NEXT 5 – 7 DAYS.

**👁 OBSERVE YOUR LIFE THROUGH THE LENS OF THE 7 DOMAINS.
ASK THROUGHOUT THE DAY:**

WHICH DOMAIN IS ACTIVE RIGHT NOW?

IS THIS ALIGNED, INCONSISTENT, OR OUT OF ORDER?

AWARENESS CHECK (END OF DAY)

WHICH DOMAIN SHOWED THE MOST MISALIGNMENT TODAY?

WHAT DID I NOTICE THAT I PREVIOUSLY OVERLOOKED?

WHAT PATTERNS ARE BECOMING CLEAR?

NON-NEGOTIABLE RULE

DO NOT TRY TO FIX ALL DOMAINS.

YOUR ONLY RESPONSIBILITY THIS WEEK IS:

TO SEE CLEARLY WHERE THE BREAKDOWN EXIST .

CLOSING ANCHOR

YOU ARE NO LONGER ASKING:

"IS SOMETHING OFF?"

YOU ARE NOW ASKING:

WHERE EXACTLY IS IT OFF—AND WHY?

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WEEK 3 — THE MECHANICS OF MISALIGNMENT: PATTERNS, BEHAVIOR & REPETITION



SECTION 1 — CONCEPT ANCHOR

THE AXIS IS NOT ABSTRACT.

IT IS A REPEATING PATTERN OF BEHAVIOR.

WHAT CONTINUES TO SHOW UP IN YOUR LIFE IS NOT CHANCE—IT IS THE RESULT OF PATTERNS THAT HAVE GONE UNEXAMINED, UNCHALLENGED, AND UNCHANGED..

WHAT YOU MUST UNDERSTAND:

- PATTERNS ARE REPEATED RESPONSES TO FAMILIAR CONDITIONS
- BEHAVIOR REVEALS WHAT IS ACTUALLY IN ALIGNMENT—NOT WHAT YOU SAY IS ALIGNED
- REPETITION IS EVIDENCE OF UNRESOLVED INTERNAL STRUCTURE
- WHAT YOU TOLERATE, REPEAT, AND ALLOW... BECOMES YOUR LIVED EXPERIENCE

TRUTH POINT:

IF SOMETHING KEEPS HAPPENING...
IT IS NOT RETURNING.
IT NEVER LEFT.

THIS WEEK'S FOCUS:

YOU ARE LEARNING TO:

- ✓ IDENTIFY BEHAVIORAL PATTERNS
- ✓ RECOGNIZE REPETITION ACROSS TIME
- ✓ UNDERSTAND YOUR ROLE IN SUSTAINING WHAT CONTINUES



WEEK 3 — THE MECHANICS OF: MISALIGNMENT: PATTERNS, BEHAVIOR & REPETITION



SECTION 2 — GUIDED REFLECTION

IF YOU FIND YOURSELF HESITATING, MINIMIZING, OR JUSTIFYING—PAUSE. THAT IS WHERE THEREALWORKIS.

▲ INSTRUCTION:

OBSERVE. DO NOT JUSTIFY. DO NOT EXPLAIN.

PATTERN RECOGNITION — LIFE REVIEW

- WHAT SITUATIONS KEEP REPEATING IN MY LIFE?
- WHERE DO I FEEL LIKE I HAVE "BEEN HERE BEFORE"?
- WHAT OUTCOMES DO I CONSISTENTLY EXPERIENCE?

BEHAVIOR AWARENESS

- HOW DO I RESPOND WHEN CHALLENGED, STRESSED, OR UNCERTAIN?
- WHAT BEHAVIORS DO I REPEAT EVEN WHEN THEY DON'T SERVE ME?
- WHERE DO I AVOID RESPONSIBILITY, DELAY ACTION, OR DISENGAGE?

MENTAL & EMOTIONAL LOOPS

- WHAT THOUGHTS DO I RETURN TO REPEATEDLY?
- WHAT EMOTIONAL STATES FEEL FAMILIAR OR CONSTANT?
- WHERE DO I FEEL STUCK IN A CYCLE INTERNALLY?

REPETITION ACROSS TIME

- WHEN HAS THIS PATTERN SHOWN UP BEFORE?
- WHAT CHANGED TEMPORARILY—BUT NOT PERMANENTLY?
- WHAT DID I BELIEVE ABOUT MYSELF IN THOSE MOMENTS?

PATTERN AWARENESS PROMPT

WHAT I AM EXPERIENCING NOW IS NOT NEW.
IT IS A CONTINUATION OF ____.



WEEK 3—THE MECHANICS OF MISA ALIGNMENT: PATTERNS & REPETITION- AXIS APPLICATION

SECTION 3—DOMAIN MAPPING

EXERCISE: PATTERN MAPPING

USE YOUR PERSONAL AXIS RECORD JOURNAL.

STEP 1 — IDENTIFY ONE PATTERN

CHOOSE ONE PATTERN THAT IS CLEARLY REPEATING.

STEP 2 — DEFINE THE PATTERN

- WHAT SITUATION REPEATS?
- WHAT IS YOUR CONSISTENT BEHAVIOR WITHIN IT?
- WHAT IS THE OUTCOME EACH TIME?

STEP 3 — TRACE THE CYCLE

TRIGGER → BEHAVIOR → OUTCOME → REINFORCEMENT

- WHAT TRIGGERS THIS PATTERN?
- WHAT DO YOU DO NEXT?
- WHAT RESULT FOLLOWS?
- HOW DOES THIS RESULT REINFORCE THE BEHAVIOR?
-

STEP 4 — AXIS CONNECTION (OVERVIEW ONLY)

- WHICH AXIS DOMAIN IS MOST INVOLVED?
- WHERE IS THE MISALIGNMENT SHOWING ITSELF MOST CLEARLY?

(DO NOT ATTEMPT TO CORRECT.)

STEP 5 — PATTERN TRUTH STATEMENT

THE PATTERN I AM OPERATING WITHIN IS _____.

IT CONTINUES BECAUSE I _____.



WEEK 3 — THE MECHANIC SOF MISALIGNMENT: PATTERNS, BEHAVIOR & REPETITION



SECTION 4 — INTEGRATION LAB PREP

COME PREPARED WITH CLARITY, NOT ASSUMPTIONS.



BE READY TO:

- IDENTIFY ONE REPEATING PATTERN
- EXPLAIN HOW IT SHOWS UP CONSISTENTLY
- DESCRIBE YOUR BEHAVIOR WITHIN IT
- CONNECT IT TO AN AXIS DOMAIN

⚠ IMPORTANT:

THE LAB IS NOT FOR DISCOVERY.

IT IS FOR: REFINEMENT OF WHAT YOU'VE ALREADY SEEN

NOTES:



**CLARITY IS YOUR RESPONSIBILITY
REFINEMENT HAPPENS IN THE LAB.**



WEEK 3 — THE MECHANICS OF: MISALIGNMENT: PATTERNS, BEHAVIOR&REPETITION

SECTION 5 — EMBODIMENT DIRECTIVE

 **DAILY PRACTICE:**
OBSERVE YOUR BEHAVIOR IN REAL TIME.

ASK:

- WHAT PATTERN AM I CURRENTLY IN?
- IS THIS FAMILIAR?
- HAVE I DONE THIS BEFORE?

 **END OF DAY REFLECTION:**

- WHAT PATTERN SHOWED UP TODAY?
- HOW DID I PARTICIPATE IN IT?
- WHAT AM I NOW NOTICING THAT I PREVIOUSLY IGNORED?
- WHAT AM I NOW UNABLE TO IGNORE?

 **NON-NEGOTIABLE RULE:**

DO NOT ATTEMPT TO FIX THE PATTERN.

FOCUS ON:

CATCHING IT AS IT HAPPENS

FINAL AWARENESS PROMPT:

WHAT I ONCE BELIEVED WAS CIRCUMSTANCE...
I NOW RECOGNIZE AS PATTERN.

CLOSING ANCHOR

YOU ARE NO LONGER ASKING:

“WHY DOES THIS KEEP HAPPENING?”

YOU ARE NOW ASKING:

HOW AM I CONTINUING WHAT I SAY I WANT TO CHANGE?

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WEEK 4 — THE COVENANT OF ALIGNMENT : RESPONSIBILITY, STANDARD & SELF-GOVERNANCE



SECTION 1 — CONCEPT ANCHOR

AWARENESS → WITHOUT COMMITMENT CHANGES NOTHING.

CLARITY → WITHOUT ACTION CREATES FRUSTRATION.

RECOGNITION → WITHOUT RESPONSIBILITY SUSTAINS THE
SAME PATTERNS.

WHAT YOU MUST UNDERSTAND

THE WORK YOU HAVE DONE IN WEEKS 1-3 HAS SHOWN YOU:

- WHERE YOU ARE MISRALIGNED
- HOW MISALIGNMENT REPEATS
- HOW YOU PARTICIPATE IN WHAT CONTINUES

NOW, THE QUESTION IS NO LONGER:

"WHAT IS HAPPENING?"

THE QUESTION BECOMES:

"WHAT AM I COMMITTED TO DOING DIFFERENTLY?"

THE COVENANT DEFINED

THE COVENANT IS NOT A PROMISE.

IT IS A STANDARD OF SELF-GOVERNANCE.

IT IS THE INTERNAL AGREEMENT THAT:

- YOU WILL NO LONGER IGNORE WHAT YOU CAN NOW SEE
- YOU WILL TAKE RESPONSIBILITY FOR YOUR ALIGNMENT
- YOU WILL LIVE IN ACCORDANCE WITH RIGHT MEASURE



WEEK 4 — THE COVENANT OF ALIGNMENT: RESPONSIBILITY, STANDARD & SELF-GOVERNANCE



SECTION 1 — CONCEPT ANCHOR CONT'D

▲ TRUTH POINT:

ONCE YOU SEE CLEARLY...

YOU ARE NO LONGER ALLOWED TO PRETEND YOU DON'T

THIS WEEK'S FOCUS

YOU ARE NOT LEARNING SOMETHING NEW.

YOU ARE:

- ✓ ESTABLISHING YOUR STANDARD
- ✓ DEFINING YOUR LEVEL OF RESPONSIBILITY
- ✓ DECIDING HOW YOU WILL MOVE FORWARD



WEEK 4 — THE COVENANT OF ALIGNMENT: RESPONSIBILITY, STANDARD & SELF-GOVERNANCE



SECTION 2 — GUIDED REFLECTION

IF YOU FIND YOURSELF HESITATING, MINIMIZING, OR JUSTIFYING—PAUSE.
THAT IS WHERE THE REAL WORK IS.

⚠ INSTRUCTION:

THIS REQUIRES HONESTY AND DECISION. NOT CONTEMPLATION
WITHOUT ACTION.

REFLECTION 1 — OWNERSHIP

WHERE HAVE I CLEARLY SEEN MY MISALIGNMENT OVER THE
PAST WEEKS?

WHAT PATTERNS CAN I NO LONGER DENY?

WHERE HAVE I BEEN PARTICIPATING IN WHAT I SAY I WANT TO
CHANGE?

REFLECTION 2 — AVOIDANCE VS RESPONSIBILITY

WHERE HAVE I BEEN AVOIDING CORRECTION?

WHAT HAVE I BEEN TOLERATING THAT I KNOW IS OUT OF ORDER?

WHAT HAVE I JUSTIFIED INSTEAD OF ADDRESSING?

REFLECTION 3 — STANDARD OF LIVING

WHAT DOES ALIGNMENT REQUIRE FROM ME MOVING FORWARD?

WHAT BEHAVIORS ARE NO LONGER ACCEPTABLE?

WHAT MUST BECOME CONSISTENT IN MY LIFE?

REFLECTION 4 — DECISION POINT

AM I WILLING TO BE ACCOUNTABLE FOR WHAT I NOW SEE?

AM I WILLING TO LIVE DIFFERENTLY—NOT JUST THINK
DIFFERENTLY?

COMMITMENT PROMPT

ALIGNMENT REQUIRES _____ FROM ME.

I AM NO LONGER WILLING TO _____.



WEEK 4 — THE COVENANT OF ALIGNMENT: RESPONSIBILITY, STANDARD & SELF-GOVERNANCE

SECTION 3 — AXIS APPLICATION

EXERCISE: COMMITMENT MAPPING

STEP 1 — IDENTIFY ONE AREA OF MISALIGNMENT

CHOOSE ONE AREA YOU ARE READY TO TAKE RESPONSIBILITY FOR.

STEP 2 — DEFINE THE CURRENT REALITY

- WHAT IS HAPPENING RIGHT NOW?
- WHAT PATTERN EXISTS?

STEP 3 — YOUR ROLE

HOW HAVE YOU CONTRIBUTED TO THIS CONTINUING?
WHAT HAVE YOU ALLOWED OR AVOIDED?

STEP 4 — DEFINE THE REQUIRED STANDARD

- WHAT MUST CHANGE?
- WHAT BEHAVIOR MUST BE CORRECTED?
- WHAT WILL ALIGNMENT REQUIRE FROM YOU?

STEP 5 — COMMITMENT STATEMENT

"I AM RESPONSIBLE FOR _____.
MOVING FORWARD, I WILL _____."



WEEK 4 — THE COVENANT OF ALIGNMENT: RESPONSIBILITY, STANDARD & SELF-GOVERNANCE



SECTION 4 — INTEGRATION LAB PREP

THIS IS YOUR FIRST LAB WHERE:

➡ **AWARENESS MEETS RESPONSIBILITY**

BE READY TO:

- IDENTIFY ONE AREA OF MISALIGNMENT
- EXPLAIN YOUR ROLE IN IT CLEARLY
- DEFINE WHAT MUST CHANGE
- STATE YOUR COMMITMENT WITHOUT HESITATION

⚠ **IMPORTANT:**

DO NOT COME TO THE LAB UNDECIDED.

THE LAB IS NOT WHERE YOU DECIDE.

IT IS WHERE YOU:

REFINE AND REINFORCE YOUR DECISION

NOTES:



**CLARITY IS YOUR RESPONSIBILITY.
REFINEMENT HAPPENS IN THE LAB.**



WEEK 4 — THE COVENANT OF ALIGNMENT: RESPONSIBILITY, STANDARD & SELF-GOVERNANCE

SECTION 5 — EMBODIMENT DIRECTIVE

DAILY PRACTICE:

OBSERVE YOUR BEHAVIOR THROUGH THE LENS OF YOUR COMMITMENT.

ASK:

- AM I ACTING IN ALIGNMENT WITH WHAT I SAID I WOULD DO?
- WHERE AM I SLIPPING BACK INTO OLD PATTERNS?
- WHAT AM I CHOOSING IN REAL TIME?

END OF DAY REFLECTION:

- DID I UPHOLD MY STANDARD TODAY?
- WHERE DID I FALL SHORT?
- WHAT DID I CORRECT—OR AVOID CORRECTING?

NON-NEGOTIABLE RULE:

DO NOT NEGOTIATE WITH WHAT YOU NOW KNOW.
AWARENESS REQUIRES ACTION.

FINAL AWARENESS PROMPT:

WHAT I TOLERATE MOVING FORWARD...
WILL DEFINE MY ALIGNMENT.

CLOSING ANCHOR

YOU ARE NO LONGER AT THE LEVEL OF:
"I DIDN'T KNOW."

YOU ARE NOW AT THE LEVEL OF:
"I CHOOSE."

ANKH MA'AT

ALIGNED WITH LIFE IN RIGHT MEASURE