

Build a life you can actually operate.

A free starter map for seeing the systems that shape your energy, attention, work, relationships, and growth.

What feels most alive	
What feels unnecessarily heavy	
The change I keep postponing	
The system that needs attention	

Find the constraint beneath the symptom.

Score each area from 1 to 10, then write one honest sentence about the current reality.

Body and energy	
Mind and attention	
Work and money	
Relationships and environment	

Make change small enough to begin.

The visible problem	
The invisible constraint	
The smallest useful experiment	
Evidence I will watch for	

Do not redesign your whole life today. Run one clear experiment and let reality teach you what comes next.

WEEKLY RESET

Keep the system alive.

What restored me	
What depleted me	
What deserves more space	
One decision for next week	