

The Journal

This conversation asks one question that has the power to change the rest of your life: **who designed the life you're living?** Not who influenced it, *who designed it*. Every answer you write from here should help you discover whether your life has been built by your values... or by your wounds.

Look at every major area of your life: your work, relationships, home, finances, health, routines and responsibilities. For each one, ask yourself: did I choose this because it reflects who I am, or because it protected me from something?

Work – choice or protection:

Relationships – choice or protection:

Home – choice or protection:

Finances – choice or protection:

Health – choice or protection:

Routines – choice or protection:

Responsibilities – choice or protection:

Read through your answers above. Where do you see your values?

Where do you see your wounds?

Every wound has a favourite strategy.

- ♥ Fear builds protected lives.
- ♥ People-pleasing builds safe lives.
- ♥ Low self-worth builds lives of proving.
- ♥ Loneliness builds lives of settling.
- ♥ Shame builds lives of hiding.

Which wound is the architecture of your life?

What evidence do you have?

Imagine someone shadowed you for one week. They couldn't hear your thoughts; they could only see your choices. What would they conclude mattered most to you?

Would they recognise the person you've become?

Or still see the person you used to be?

Finish this sentence without thinking too hard - the biggest lie
my life is still organised around is:

Now ask yourself: who taught me to believe that?

Do you still want to build your future around it?

Which part of your life survives only because you keep betraying
yourself to maintain it?

What would happen if you stopped paying that price?

Who would you become if you stopped paying that price?

Healing has changed you. Has your life caught up yet?

Where are you asking the new version of yourself to keep living by the rules of the old version?

What needs redesigning - not because it's broken, but because you've outgrown it?

Imagine you were designing your life today from scratch. If nobody would be disappointed, nobody would judge you, nobody would call you selfish, what would you to build this time?

What would you refuse to build?

What would become non-negotiable?

Finish these two sentences.

The life I've been surviving taught me to:

The life I'm now creating will teach me to:

Read both answers slowly. One is the architecture of your past. The other is the blueprint for your future. The rest of your life will be built from whichever one you choose to keep following.