

CHECK FOR SPARK

A QUICK DIAGNOSTIC - BEFORE YOU TEAR THE WHOLE ENGINE APART

Something brought this to your attention. Before you spend time, money, or energy tearing the whole system apart, identify what is actually wrong. Check the obvious causes. Make the smallest useful test. If the system responds, you found a place to work. If it does not, you learned something before making a bigger correction.

1

WHAT IS NOT RUNNING RIGHT?

What has slipped, stalled, weakened, accumulated, or started costing you more?

2

CHECK THE BASICS

What obvious condition could be causing it - time, energy, money, information, support, maintenance, or something being neglected?

3

TEST FOR SPARK

What is the smallest safe test you can make before committing to a major correction? What result would tell you you are moving in the right direction?

4

WHAT IS FOULING THE SYSTEM?

Fear, fatigue, friction, cost, confusion, inconvenience, lack of skill, avoidance - or something else?

5

WHAT DOES DELAY COST?

If nothing changes, what is likely to become harder, more expensive, weaker, or more damaged?

6

MINIMUM EFFECTIVE CORRECTION

Based on what you see, what is the smallest deliberate action that meaningfully changes the trajectory?

DO - CHOOSE CONSCIOUSLY

☐ Correct it now ☐ Schedule it ☐ Delegate it ☐ Gather what is needed ☐ Consciously defer + accept the risk

My next move: _____ When: _____

A conscious "not now" is a decision. An unconscious "later" is decay.

IF THIS PAGE WAS ENOUGH, TAKE THE CORRECTION AND GO. THAT IS THE POINT.

If the small test worked, act on what you learned. If the issue is larger or keeps returning, go deeper at your own pace.

CONTINUE THE AUDIT

Life Audit 28 - A Resist Decay Guided Practice
Four 7-day cycles of See + Think + Do + managed risk, Do

OPEN LIFE AUDIT 28



JOIN THE RESISTANCE

Resist Decay 28 - Mind + Body Reset
Earth, Water, Air and Fire - ungrounded, unaligned,

OPEN RESIST DECAY 28

