

INTO THE ARC - EPISODE 2

Stop Postponing Your Life

01. THE "WHEN" PATTERN

Complete these honestly.

I will feel happy when _____

I will feel settled when _____

I will feel secure when _____

I will feel proud when _____

02. PATTERN RECOGNITION

Check what applies.

- My happiness is tied to future milestones.
- I move the goalpost once I achieve something.
- I rarely feel satisfied for long.
- I am always focused on "what's next."
- My life looks good but it doesn't feel complete.

03. THE TRUTH

This is the core shift.

If everything stayed exactly the same for the next year...

WOULD YOU ALLOW YOURSELF TO FEEL HAPPY?

Yes No

04. PRESENT REALITY CHECK

List 3 things that are already working in your life.

1. _____

2. _____

3. _____

05. THE REFRAME

Rewrite one belief.

FROM: "I'll be happy when _____"

TO: "I can feel _____ now, even while I am still building _____"

Don't "when" your life away.