

INTO THE ARC - EPISODE 3

Knowing When To Close A Chapter

01. THE SITUATION

Name the thing you are currently holding onto. Be specific - relationship, career, goal, identity, etc.

02. THE REAL REASON YOU'RE STAYING

Check what applies.

- I've invested too much time.
- I've invested too much money.
- I feel like I'm close to it working.
- I don't want to start over.
- I don't know who I am without this.
- I'm afraid I'll regret leaving.
- It's not that bad - just not right.

05. THE ENERGY AUDIT

Be honest. Do not base this on one good day.

This situation: Gives me energy Drains me Drains me more than it gives

06. THE IDENTITY CHECK

Finish this sentence.

I'm still holding onto this because I see myself as someone who _____.

Now ask yourself. Does this still reflect who I am becoming? YES NO

07. THE RETURN ON EFFORT

What is this actually producing in your life right now? Not potential - reality.

08. THE THE REFRAME

“If I leave, everything was for nothing.” → “If I leave, I take what I learned & apply it where it can work.”

Nothing you invested was wasted but staying longer might be.

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03. THE PROJECTION TEST

If nothing changed for the next twelve months...

WOULD YOU CHOOSE THIS AGAIN?

- Yes No

04. THE CLEAN SLATE TEST

If you encountered this situation for the first time today....

WOULD YOU ENTER IT?

- Yes No