

A Short Self-Check for Balance and Clarity

FIVE QUESTIONS TO HELP YOU SENSE HOW THIS WAY OF WORKING RESONATES IN YOU

This is not a diagnostic questionnaire, and it's not something you submit for evaluation.

No one reviews your answers. No one assigns you a result.

The purpose is simply to give **you** a clearer sense of how stress may be forming for you — through overloaded attention, overloaded memory, poorly defined or excessive intention, and overactive or underactive imagination — and whether this way of working **feels useful to you at this time.**

As you read each item below, don't try to answer it "correctly." Instead, notice your emotional response. A sense of recognition, relief, curiosity, or quiet interest is often a sign of resonance.

1. When pressure begins to build, I can often notice early signs of internal strain — even before I'm fully caught up in it. (For example: mental crowding, emotional tension, or a subtle sense of being "on edge.")
2. I'm interested in approaches that work by restoring internal balance, rather than fixing problems or changing circumstances first.
3. I'm open to noticing how stress shows up for me as overloaded attention, overloaded memory, poorly defined or excessive intention, or overactive or underactive imagination — without blaming myself or expecting someone else to fix it.
4. I'm more interested in clarity, ease, and coherence than in pushing myself harder or managing stress more efficiently.
5. I tend to learn best through direct experience and practice, rather than advice, analysis, or motivation alone.

There's no score to calculate here.

If several of these statements felt familiar, relieving, or quietly true, that's a good indication of how this way of working may resonate for you. If most of them didn't resonate, that doesn't mean anything is wrong — it may simply mean this isn't the right approach for you right now.

If questions came up — or if it feels easier to talk things through than decide on your own — you're welcome to schedule a brief conversation. This isn't an evaluation or a sales call. It's simply a chance to clarify whether and how this way of working might be useful for you.

Schedule by Calendar (Brief Clarity Call – 25 minutes)