

OBSERVATION OPTIMIST

MORNING INVENTORY

TEN MINUTES PEN AND PAPER BEFORE ANYTHING ELSE

- i. What is actually true right now?
NOT WHAT YOU FEAR. NOT WHAT YOU HOPE. WHAT IS TRUE.
- ii. What am I the common denominator of today?
WHAT PATTERN ARE YOU ENTERING, CONTINUING, OR ABOUT TO REPEAT?
- iii. What am I waiting for permission to do, say, feel, or decide?
THIS ONE WILL SURFACE THE REAL THING.
- iv. What wants to be made today?
NOT YOUR TASK LIST — WHAT IS PULLING AT YOU.
- v. What is the one move I'm willing to make?
NOT A GOAL. NOT A PLAN. ONE MOVE. WILLING — NOT OBLIGATED.

You are always the common denominator in your experience of life. *Now What?*