

THE EMPTY SUCCESS CHECK

You did everything right, and you still feel empty. Five reasons can explain it. None of them is that you're broken. This check shows you which one is running your life.

Twenty minutes. Pen and paper. Write your actual answer to each question, then circle how true the statement is for you right now: 0 is not true, 4 is completely true.

01 A HEADING YOU NEVER CHOSE

Pick one area: work, relationships, or how you spend your time. If you were choosing it today, fresh, would you choose it again? If not, what feels wrong?

My direction is one I drifted into, not one I chose.

0 1 2 3 4

02 YOUR WORTH RUNS ON APPROVAL

Your last three big decisions. Whose approval mattered most? Would the choice still matter to you without their praise?

Much of what I do is aimed at other people's approval.

0 1 2 3 4

03 A VOICE THAT ISN'T YOURS

One decision you face this week. What rule do you feel you have to follow, and whose voice is it?

I weigh what others would think more than what I want.

0 1 2 3 4

04 THE MASK IS DRAINING YOU

One person you trust. One true sentence you'd normally hide. What will you say, and by when? (Within 72 hours.)

Holding up "I'm fine" costs me energy every day.

0 1 2 3 4

05 WAITING FOR THE CRASH

Go back to 01. One move you'll make about it this week: a conversation, a call, a clear no. Write the day and time.

I'm waiting for events to force a change I know I need.

0 1 2 3 4

YOUR READING

01

02

03

04

05

TOTAL / 20

0 TO 6 · ON COURSE

You notice drift and correct it. Keep the habit.

7 TO 13 · DRIFTING

Nothing has broken yet. This is the cheap moment to correct.

14 TO 20 · INTO TERRAIN

Calm and descending. Not a verdict. A reading. Act now.

A self-reflection, not a clinical test.

The reason I recognise most is number:

My one move this week, and when:

Seven days later. What changed, and what is the next move?

You're not broken. You're off course. And off course can be corrected.

Next: Episode 02, The Boy at the Controls Must Die.

If what you're carrying is heavier than drift, talk to a professional. This is coaching, not therapy.

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Become the Captain of Your Life

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