

The Closed File Method

(End of Chapter-3 Exercise)

1 What happened? Only the *facts*, briefly and honestly.

2 What it *cost* you? Name the losses specifically.

3 What you truly learned? *The lesson* that this experience, painful as it was, actually contains.

4 *The closing line*. Write it in your own words.



The One Decision You Have Been Postponing

(End of Chapter-5 Exercise)

1 Name that *one decision* clearly and specifically.

2 What is this *non-decision* actually costing me right now?

3 Define the *good enough outcome* - the one moves you forward.

4 Write down the *fixed deadline*.

5 It's an *experiment*, not a *verdict*. You are trying, observing & adjusting.



Reflection Prompts: Finding Your Roots

(Chapter-6)

Prompt 1 The Question Underneath

When your overthinking is at its worst, what is it actually protecting you from having to face? Sit with that *honestly* before moving to the next prompt.

Prompt 2 The Real Fear

When you imagine something going wrong, what is the part that feels most unbearable? Is it the *practical consequences* of the outcome, or is it what *the failure* would say about you as a person?

In the situations where you freeze most reliably, what are you most afraid of, other people seeing or knowing about you? Name it as specifically as you can.

If you genuinely trusted that you could handle *whatever outcome* arrived, how would you approach this situation *differently*? What would you do that you are currently not doing?

Reflection Prompts: Finding Your Roots

Prompt 5 The Freedom Question

What would you do, say, or decide tomorrow if you were not concerned with how anyone would *judge* it?

Note: There are no correct answers to these questions. There is only your honest answer, which is more useful than any correct one.