

Life Outside the Script Self-Audit

Feelings Without Ceilings

A printable self-audit for questioning the life you were told to want.

The Default Script Check

What did you grow up believing a "successful life" should look like?

Which parts of that still feel true?

Which parts feel heavy, outdated, or borrowed?

What are you doing mostly because "that's what people do"?

The Performance Audit

Where does your life look better than it feels?

What version of you gets the most approval?

What does that version cost you?

Where are you over-explaining yourself?

The Opt-Out List

I am no longer available for

I am tired of pretending that

I no longer want to explain

One default script I quietly reject isâf

The Random Tuesday Test

What does your current random Tuesday feel like?

What part of your day feels most like yours?

What part feels like emotional admin?

What would a better ordinary day include more of?

What would it include less of?

Ambition, But Yours

What did ambition used to mean to you?

What does it mean now?

What kind of success no longer impresses you?

What would ambition look like if your nervous system had voting rights?

Your Life Outside the Script Statement

I am building a life where I no longer have to perform _____.

I am allowed to want _____.

I am opting out of _____.

I want my ordinary Tuesday to feel more like _____.

My next soft rebellion is _____.
