

Weekly Rhythm Check.

NAME _____

WEEK _____

DATE _____

Target: 10 minutes. Honest, not perfect.

1 LEVERS

You can't diagnose what wasn't attempted.

- ☐ **Truth (inward)** — Personal truth. No encouragement. No lesson. No call to action.
- ☐ **Service (outward)** — Named a specific problem they're carrying. From calling, not teaching.
- ☐ **Possibility (forward)** — What this vehicle gave me. What it can give them.
- ☐ **Reunion (toward)** — Reached toward someone fear had taught me to pull away from.

IF UNCHECKED — WHAT PREVENTED IT? _____

2 THE DOORWAY & THE SEED

Where you started, and what was underneath.

For each content lever, name the **doorway** (surface-level event) — then the **seed** the Descent found underneath.
The doorway is not the post. The seed is.

Truth
INWARD

DOORWAY — WHAT YOU STARTED WITH



SEED — TIED TO IDENTITY, WORTH, OR BELIEF

Service
OUTWARD

DOORWAY — SURFACE PROBLEM



SEED — REAL ISSUE UNDERNEATH

Possibility
FORWARD

DOORWAY — OUTCOME YOU BEGAN WITH



SEED — IDENTITY-LEVEL SHIFT UNDERNEATH

3 SOURCE CHECK

The feeling before action predicts the quality of action.

Think of the **one** thing this week that felt like it mattered most — a post, a conversation, an outreach. Then check the source before and after.

THE ONE THING — WHAT WAS IT?

Write it down here: _____

BEFORE

Gravity or timer?

☐ Love ☐ Fear

Them or how it lands?

☐ Love ☐ Fear

AFTER

Did it **change how you felt**?☐ Yes ☐ No ☐ Didn't

4 WHAT AM I AVOIDING?

The mask protects what matters most.

In my content, outreach, or business — what am I pulling back from, avoiding, or telling myself I'll get to later?

5 EVIDENCE

Love leaves fingerprints.

What movement did you notice this week? A response to content, a reunion conversation that opened, a team member who moved without being pushed — anything that felt like evidence of the source shifting:

WHAT DO I THINK CAUSED IT? _____

6 DIAGNOSIS

Name the source. Don't judge it.

SOURCE THIS WEEK — WHAT WAS LEADING MOST OF YOUR BUSINESS?

THE SOURCE

☐ Love ☐ Fear ☐ Mixed



IF MIXED

Where did fear **show up most**?

7 CHOICE

Observe. Diagnose. Choose.

Next Week *One choice, made from a restored source.*

THE ONE LEVER I REFUSE TO AVOID

LOVE WILL LOOK LIKE...

1-2 NAMES FROM MY REUNION LIST TO RECONNECT WITH

*The pattern week to week is the diagnostic. Each Rhythm Check is a rep. **Make sure to complete weekly.***