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THE PRESENT HEART AUDIT

by Kalika

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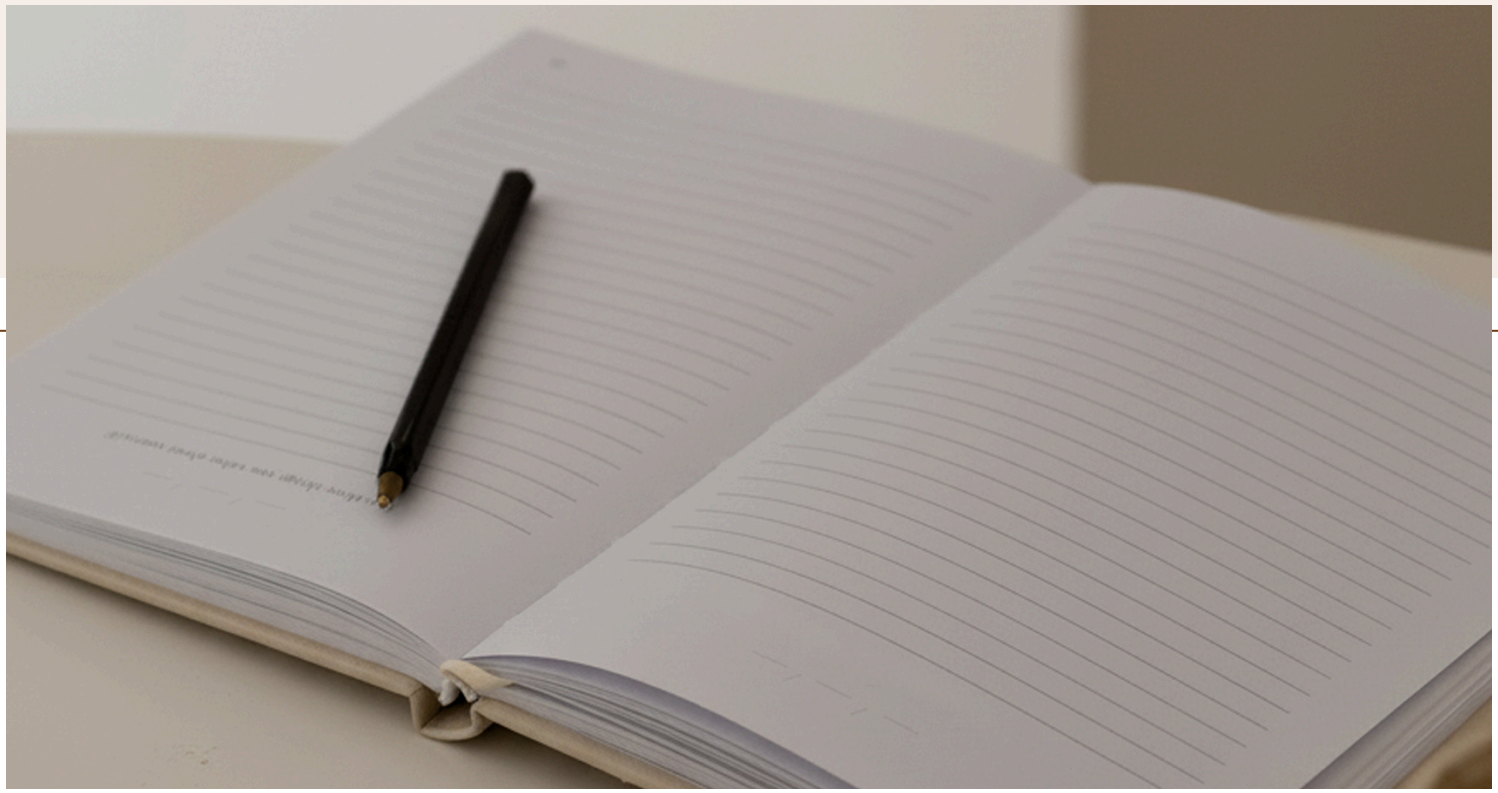

Before you begin

This isn't a to-do list. It's the opposite. It's a short, quiet look at where your attention actually goes, so you can decide what deserves more of it.

Give yourself ten unhurried minutes and a real pen. Be kind to yourself as you answer.

Nobody's grading this, and there are no wrong answers.

Part 1. Where's your heart right now?

1. When someone asked how you were this week, what did you say? Write your honest, first-instinct answer.

2. Was that answer true, or was it a reflex?

3. Finish this sentence:

The last time I fully felt a moment in my business was _____ .

Part 2. Look but do not see

4. List three things you did this week on autopilot, while your mind was somewhere else (meals, conversations, tasks).

1. _____
2. _____
3. _____

5. Which one do you most wish you'd been present for?

Part 3. The Bisy Backson check

6. Name one "time-saving" tool or habit that actually eats your time.

7. What would you do with that time if you got it back? Be specific.

_____

_____

8. What reward are you chasing "just around the corner"? And what would it feel like to enjoy the step you're on right now instead?

_____

_____

Part 4. Your one present block

9. Pick tomorrow's thirty-minute present block.

Write the exact time here: _____

10. Who or what gets your full, undivided attention in it? _____

Wrapping up

Read back over your answers. You don't need a whole new life. You need a handful of moments each day where your heart is actually in the room.

Start with the one block you scheduled in question nine. Protect it like it matters, because your attention is the most valuable thing you own, and where it goes, your life goes with it.

You're doing just great.

I'm proud of you for slowing down long enough to do this at all.

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