

The Lid Audit



A ten-minute diagnostic. Read each prompt, notice your reaction, then score the element.

STEP 1 — NAME THE LID

the one specific move, in one direction, you have not been making

STEP 2-3 — SCORE EACH ELEMENT

1 = barely active · 5 = doing significant work

INTERNAL FACE

identity hasn't caught up to the work

Is the resistance about the move — or about being the person who makes it?

1 2 3 4 5

EXTERNAL FACE

you don't yet know how the next level operates

Could you describe an ordinary Tuesday at the next level in real detail?

1 2 3 4 5

THE THRESHOLD LOOP

the same cycle keeps repeating

Do you keep arriving at the same edge and stepping back, for reasons that sound fair?

1 2 3 4 5

THE SOCIAL LID

your environment holds you in place

Do the people and rooms around you reflect an older version of you?

1 2 3 4 5

THE FOG

the picture of the next level is unclear

Can you picture the next level concretely, or does it stay general?

1 2 3 4 5

DOMINANT ELEMENT (your highest score)

STEP 4 — WHERE TO GO

your dominant element points to the chapters where its work lives

Internal Face → The Two Faces · Make the Other Side Concrete

External Face → The Two Faces · Get Into the Room

The Threshold Loop → The Loop · Move While It's Uncomfortable

The Social Lid → The Social Lid

The Fog → The Fog · Make the Other Side Concrete

DATE
