

E007 Trust the Process — Journal Pages

E007 Journal Pages

Episode: Trust the Process
Format: Standalone printable journal pages

 Pour yourself a cup. Sit with these:

Page 1: The Honest Question
What are you building that makes you ask "Is this worth it?" What would you lose if you stopped?

What I'm building:

My doubt says:

What I'd lose if I stopped:

Page 2: The Farmer's Seeds
What seeds have you planted that you've been tempted to dig up because you can't see growth yet?

Seed I planted	When	What I expected by now	What might be growing underground

Page 3: The One Person
If your measure of success was "one person helped," would your work already be successful?

Who might that one person be?

Have I already helped someone without knowing it?

What would change if "one person" was enough?

Page 4: Participation or Armor?
Are you using work to participate in life, or to hide from it?

My work feels like participation when:

My work feels like armor when:

The difference I notice:

Page 5: Evidence of Growth

Look back over the last month. What evidence can you find that roots are forming, even if no harvest is visible yet?

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
-

Page 6: The One Person Reminder

Write this at the top of your next project: "If one person is helped by this, it was worth it." Then do the work.

What I’m finishing today:

Who might need it someday:

How it felt to finish without needing applause:

Airtable Table: Assets
Asset Type: Journal Pages
Linked Episode: E007
Status: Complete