SHIFT · PHASE 1

# The Signal As Tool

> *"The signal is always there. The question is whether you're willing to hear it."*

## When to use this toolkit

When you sense something is off but haven't said it out loud yet. When you're avoiding a number, a conversation, or a truth. This toolkit helps you name which signal you're ignoring, which story you're telling about it, and what it's costing you not to look.

### Session instructions

**Print this PDF. Grab pen and paper. Door closed. Phone off. At least one hour.**

## Worksheet 1: The Signal Scan

### Level 1: The facts

Start with what you see. Not what you feel, not what it means. What is actually going on?

**1. What is the fact you'd most like to avoid?**

*Colin's example: Five million in debt. Six weeks of runway.*

**2. Which number, conversation or situation have you been refusing to look at for weeks?**

*Colin's example: The 160 names on my screen who want their money back.*

**3. What does everyone around you know except you?**

*Colin's example: That "it'll be fine" was a sedative, not a strategy.*

**4. If a stranger looked at your life without context, what would they notice first?**

*Colin's example: That my company is technically bankrupt and I'm still pretending it isn't.*

LIE DETECTION **What do I have to believe to keep accepting this situation?**

*Colin's example: The story that this will sort itself out if I just work hard enough.*

### Level 2: The energy

Now feel. Where is your life energy? Where are you stuck? What's calling you?

**5. Where in your life is the most life energy right now?**

*Colin's example: The vision of what this company could become if it survives.*

**6. Which conversation, person or decision have you been putting off for weeks?**

*Colin's example: The first phone call. The words: I can't do this alone.*

**7. Where does your body tense up when you think about this?**

*Colin's example: My chest. As if there's a stone on it that's been there for months.*

**8. What would you let go of tomorrow if you weren't afraid of others' judgment?**

*Colin's example: The story that I have everything under control.*

LIE DETECTION **What have I felt for more than six months but never said out loud?**

*Colin's example: That I'm scared. That I can't do it alone anymore. That I need help.*

## Level 3: The direction

Finally: who do you become if you follow the signal? What is the choice waiting for you?

**9. Which version of yourself emerges when you're honest?**

*Colin's example: The version that stops running. That calls, confronts, leads.*

**10. Which choice scares you because you know it will change your life?**

*Colin's example: The choice to call. To ask for help. To be vulnerable.*

**11. What are you avoiding not because it's unclear, but because it's too clear?**

*Colin's example: That I can turn this around, but only if I stop hiding.*

**12. If you look back on today five years from now, what would you wish you had done?**

*Colin's example: Not waited. Not pretended for one more day.*

## Worksheet 2: The Story vs Truth Check

What is the fact? What story do you build around it? What remains when you let the story go?

**13. What is the fact, without the story?**

*Colin's example: I have five million in debt and six weeks of cash in the bank.*

**14. What story do I tell myself about this?**

*Colin's example: That I can fix it alone. That I caused this and I have to fix it. That asking for help means failure.*

**15. What would remain if I let the story go?**

*Colin's example: That this company can grow. That I'm not the only one who can see this. That together is stronger.*

## Worksheet 3: The Direction Scan

Which direction is calling? What does it cost you if you don't listen?

**16. Which direction emerges when I look honestly?**

*Colin's example: The direction of transparency. Of acting instead of waiting. Of asking for help instead of pretending.*

**17. What does it cost me if I don't follow this direction?**

*Colin's example: Everything. The company, the relationships, my integrity. And my health.*

LIE DETECTION **Which feedback are you ignoring because following up means admitting you were wrong?**