

CHAPTER 1

The Hidden System Behind Every Planning Struggle

Chapter Workbook

Take your time. There are no wrong answers.

01



The System Was the Problem

Go slowly. Understanding matters more than completion.

Recognising the Loop



Which stage happens most often for you?

Reframing Old Beliefs

Old Belief

"When planning doesn't work, I tell myself..."

System Mismatch Reframe

"This is actually a system problem because..."

Emotional Cost

How has rigid planning affected you?

Shame

Exhaustion

Anxiety

Avoidance

Other:

Core Truth

"My brain needs systems that adapt to variability."

Write your own version of this truth:

Three Takeaways

Three insights I'm keeping from this chapter:

1

2

3

Understanding is the foundation of calm change.