

Formula Quick Reference

$$C = E \times (B + T) / I$$

Read it as a weather report, not a grade.

A low score is information about what has attention today. It is not failure. The number records what you notice; it does not measure reality or predict an outcome.

E - Emotional charge (1-5)

How intensely do I feel something about this domain right now?

T - Trust (1-10)

How willing am I to let go of control in this area?

B - Belief (1-10)

How much evidence do I have that progress is possible here?

I - Interference (1-10)

How much noise is blocking me here?

Seven domains

Health and Energy
Work and Career
Growth and Learning
Purpose and Legacy

Relationships
Money and Security
Fun and Creativity

Today's focus domain

What does the score help me notice?