

Appendix B: Ledge Check 7-Minute Drill

The Seven-Minute Drill is not a substitute for a full Ledge Check, and seven minutes will not resolve every consequential decision. Its purpose is narrower: create enough distance from urgency to identify what deserves further attention before momentum makes the next move for you.

Set a timer for seven minutes and work straight through the prompts. Answer without polishing or trying to solve everything. The goal is not completeness. It is orientation.

If the questions reveal deeper tension than seven minutes can resolve, consider returning later with the more comprehensive approaches in Appendices A or C.

1. What is actually functioning as my Main Effort right now?

Not what I say it is. Not what I intend it to be. What is receiving the most time, energy, attention, and emotional weight?

2. If I continue at this pace for the next three to five years, where am I likely to arrive?

What future is my current life building by default?

3. What is this pursuit currently trying to build, reach, secure, or become?

Name the mountain clearly.

4. What is this pursuit currently giving me?

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Meaning, progress, security, identity, status, income, purpose, challenge—name it clearly.

5. What is it currently taking—and who else is carrying part of that cost?

Time, presence, peace, health, flexibility, attention, relationships, margin—tell the truth about the cost, including costs that may not be landing on you.

6. What pressure is making the strongest case for continuing?

Is it external pressure (expectations, duty, opportunity, loyalty)?

Internal pressure (identity, proving, stewardship, fear of wasted potential)?

Security pressure (fear of insufficiency, instability, loss of options)?

7. What lens may be shaping how I see this decision?

Sunk cost? Comparison? Fear of regret? Opportunity? Momentum? What does that lens make easier—or harder—to see?

8. What needs to happen now?

Continue as planned. Adjust the pursuit. Reallocate resources. Tighten a boundary. Step back. Stop.

Then decide and move out.

THE 7-MINUTE LEDGE CHECK

Step beyond momentum long enough to see what is actually happening.

7:00

SET SEVEN MINUTES.

Move through the questions. Answer quickly. Do not polish.

1

WHAT IS ACTUALLY FUNCTIONING AS MY MAIN EFFORT RIGHT NOW?

Not what I say it is. Not what I intend it to be. What is receiving the most time, energy, attention, and emotional weight?

2

IF I CONTINUE AT THIS PACE FOR THE NEXT THREE TO FIVE YEARS, WHERE AM I LIKELY TO ARRIVE?

What future is my current life building by default?

3

WHAT IS THIS PURSUIT CURRENTLY TRYING TO BUILD, REACH, SECURE, OR BECOME?

Name the mountain clearly.

4

WHAT IS THIS PURSUIT CURRENTLY GIVING ME?

Meaning, progress, security, identity, status, income, purpose, challenge—name it clearly.

5

WHAT IS IT CURRENTLY TAKING—AND WHO ELSE IS CARRYING PART OF THAT COST?

Time, presence, peace, health, flexibility, attention, relationships, margin—tell the truth about the cost, including costs that may not be landing on you.

6

WHAT PRESSURE IS MAKING THE STRONGEST CASE FOR CONTINUING?

Is it external pressure (expectations, duty, opportunity, loyalty)? Internal pressure (identity, proving, stewardship, fear of wasted potential)? Security pressure (fear of insufficiency, instability, loss of options)?

7

WHAT LENS IS SHAPING HOW I SEE THIS DECISION?

Sunk cost? Comparison? Fear of regret? Opportunity? Momentum? What does that lens make easier—or harder—to see?

8

WHAT NEEDS TO HAPPEN NOW?

Continue as planned. Adjust the pursuit. Reallocate resources. Tighten a boundary. Step back. Stop.

THEN DECIDE AND MOVE OUT.

A Ledge Check does not require change.

Continuing can be a deliberate choice.

Seven minutes will not resolve every consequential choice.

It can be enough time to notice what momentum makes difficult to see.

The point is not to manufacture certainty.

It is to make sure continuing is still a choice.