Your path. Your perspective.

A practical companion to Dragons & Doors: The Path to Creating You

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Choose one real situation. Pick one tool. Give yourself room to notice what is happening before deciding what comes next.

This kit includes the Dragon Diagnostic, Door Decision, Self Truth Audit, a book-club conversation guide, and a seven-day practice. The fuller resource library is available free on the website.

NOTICE	What is happening?
NAME	Give the pressure or choice language.
CHOOSE	Consider what belongs to you.
ACT	Take one appropriate step.
CREATE	Notice what your choices make possible.
REFLECT	Study what happened.
EVOLVE	Update your understanding and your next choice.

These are reflection prompts, not clinical assessments. You choose what to explore, share, or keep private. Not every Dragon should be fought, and not every Door should be opened.

Based on The Path to Creating You working framework. This companion is designed to evolve with reader feedback.

The Dragon Diagnostic

Name the pressure before it chooses your direction.

1. What pressure am I actually facing?

2. Is it internal, relational, structural, environmental, or some combination?

3. What does this Dragon reveal about fear, skill, capacity, safety, boundary, grief, or identity?

4. Is this something to face, study, live beside, transform, ask for help with, or leave?

5. What happens if I keep letting it choose my pace or direction?

6. What is one response that increases clarity without pretending certainty?

The Door Decision

Consider the opportunity, its cost, and a small way to test it.

1. What does this Door make possible?

2. What does it require me to carry, release, risk, or become?

3. Which other Doors may close if I open it?

4. Is the attraction alignment, fear, ego, urgency, validation, curiosity, or real readiness?

5. Do I have the capacity to sustain what is on the other side?

6. Who else is affected by this decision, and what do I owe them?

7. What is the smallest honest step that tests the Door before total commitment?

The Self Truth Audit

Part 1: Separate the experience from the meaning you assigned.

Reality: What do I know happened? What evidence is missing or uncertain?

Attention: What did I notice first? What might I have missed?

Perception: What did I believe was happening?

Perspective: Which prior belief or role shaped that interpretation?

Meaning: What story did I assign?

The Self Truth Audit

Part 2: Make room for a more current understanding.

Identity: What did I conclude this meant about me?

Pattern: Where has this Self Truth appeared before?

Update: What is true now that was not available to me then?

Practice: What choice would create evidence for a more current Self Truth?

A conversation worth having

You can disagree, pass on a question, or keep your reflection private.

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1. Which idea stayed with you, and why?

2. Where did you disagree?

3. Which pressure was easiest or hardest to name?

4. How do you distinguish patience from delay?

5. What does accountability look like when outcomes are not all in your control?

6. When is leaving a wiser choice than persevering?

7. How can two interpretations coexist without erasing harm?

8. What small choice will you explore next?

A flexible 60-minute meeting

10 minutes: arrival and check-in

15 minutes: memorable ideas

20 minutes: conversation

10 minutes: private reflection using one tool

5 minutes: optional closing or next step

Discuss the ideas without asking anyone to disclose personal experiences. Leave room for different interpretations.

Seven days. One small practice.

Start where you are. A useful step may be an action, support, a boundary, or rest.

Day 1: Notice a pressure.

Day 2: Name it without judgment.

Day 3: Separate facts from interpretation.

Day 4: Explore your choices.

Day 5: Seek perspective or support.

Day 6: Take one small appropriate step, or choose rest or a boundary.

Day 7: Reflect on what changed and what did not.

What will you carry forward?

You do not need a perfect conclusion to choose your next step.

What do I understand differently now?

What remains unresolved?

What is one choice within my control?

What support or capacity would help?

Explore the full resource library, including the Capacity Map, Friction Decoder, Pattern Review, Mutual Benefit Test, Rescue-to-Cultivation Check, and 30-Day Path Experiment:

dragonsanddoors.com/reader-resources

Honest feedback is welcome: stacy@hollywoodbranded.com