

Your Personal Inversion List

CLIFFS I WILL NOT WALK TOWARD

How to use this: For each life area below, ask yourself: *"What would guarantee a bad outcome here?"*
Write 3 specific answers. This is your personal list of things to avoid. Review weekly.

Core Life Areas

HEALTH

1.

2.

3.

MONEY

1.

2.

3.

 **RELATIONSHIPS & MARRIAGE**

1.

2.

3.

 **WORK & REPUTATION**

1.

2.

3.

 **FRIENDSHIPS**

1.

2.

3.

Additional Life Areas (Optional)



FAMILY & CHILDREN

1.

2.

3.



AGING PARENTS & CAREGIVING

1.

2.

3.



MENTAL HEALTH & ANXIETY

1.

2.

3.

PERSONAL GROWTH & LEARNING

1.

2.

3.

SPIRITUAL / INNER LIFE

1.

2.

3.

A Note on Completion

You don't need to fill in all categories at once. Start with the three that feel most urgent. After a few weeks, you can add the others. The goal isn't perfection—it's clarity.

How to Use This List

STEP 1: FILL IT OUT (15 MINUTES)

For each life area, ask: "What would guarantee a bad outcome here?"

Example (Health):

Instead of thinking about the "perfect" health routine, think about what destroys health.

Possible answers: Smoking daily, sitting all day without movement, skipping medical checkups, sleeping less than 6 hours consistently.

STEP 2: BE SPECIFIC, NOT VAGUE

The more specific you are, the more your brain can protect you.

Vague (doesn't work):

"Be a bad partner"

Specific (works):

"Criticize in front of others", "Hide money decisions", "Bring up past grievances in current arguments"

STEP 3: REVIEW WEEKLY

Sunday evening works well for most people. Spend 5 minutes looking at your list. Notice if you're about to do any of these things. That's it.

The Weekly Practice (5 minutes):

- Look at your list
- Ask: "What's one thing I almost did this week that's on this list?"
- Ask: "What's one thing I avoided successfully?"
- That awareness is the whole practice.

"Your brain is pattern-recognition machinery. Once you've named the patterns that destroy you, your brain starts protecting you from them. Automatically. No willpower needed."

Important Note

This isn't about being paranoid or pessimistic. It's about clarity. A pessimist says "everything will go wrong so why try" and gives up. You're saying "three things could break this. Let me ensure those don't happen. Then I'll proceed with full confidence."

Real Examples

EXAMPLE 1: HEALTH

Question: What would guarantee poor health by 60?

Possible Answers:

- Smoke daily
 - Sit for 8+ hours without movement
 - Skip routine health checkups
 - Sleep less than 6 hours consistently
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What this person does: Avoid those four things. They don't need a perfect exercise routine. They just need to not do those four things.

EXAMPLE 2: RELATIONSHIPS

Question: What would make my spouse quietly miserable?

Possible Answers:

- Criticize them in front of others
 - Keep my phone closer than my partner
 - Hide money decisions
 - Bring up old grievances during new arguments
-

What this person does: Stop doing those four things. They don't need grand romantic gestures. They just need to not do those four things.

EXAMPLE 3: ANXIETY

Question: What three things would genuinely make this presentation fail?

Possible Answers:

- Show up completely unprepared
- Be hostile or dismissive to questions
- Make it about me instead of the audience

What this person does: Practice the material, prepare to listen, reframe the presentation as being about the audience. Now anxiety has a shape instead of spinning through infinite possibilities.

Your Reflection & Commitment

1. LOOKING BACK

What's one pattern you've noticed repeats in your life? What specific behavior leads to the same unhappy outcome, again and again?

2. WHAT YOU'RE READY FOR

This framework isn't about perfection. It's about knowing what destroys you and choosing not to do those things. Are you ready for that kind of clarity?

3. YOUR COMMITMENT

Once you create this list, will you review it weekly? (It takes 5 minutes. That's genuinely it.)

Remember: This list isn't about becoming perfect. It's about becoming clear. The farmer doesn't need to know everything about crops. He just needs to know the seven things that kill them, and check for those seven things weekly. His crops grow because the dangers are kept away—not because he's brilliant.

You're the same. Know what destroys you. Keep those things away. The rest takes care of itself.