

WB 8.11 — Core Principles Check

Use with any chapter. Reproducible template — photocopy this page and reuse as often as you need.

Purpose The four Core Principles are the operating laws underneath every tool. Running them against one chapter, or one hard week, is what turns them from something you have read into something you use. Same four principles, a different lens each time.

How to use this page

When: After working a chapter, or at the end of a week where you used the tools under real pressure.

Done when: You have identified which principle was doing the work, which one you neglected, and one thing to carry forward.

Worked example

Chapter: 5, The Circle. Principle most at work: confidence is built through creative growth.

Where it was hard: making helpful actions easier — I kept relying on willpower instead of moving the phone.

Carry forward: design the environment first, then try the protocol.

Anchor Phrase: 'The principles are the floor. The tools are the furniture.'

Loop stage: Recover

Chapter or situation:

Which principle was most at work here? ☐ Your mind is the battleground — attention is your only true resource
☐ Without a why, effort collapses ☐ Confidence is built through creative growth ☐ Make helpful actions easier than your problems

How it showed up — specifically:

Which principle did I neglect, and what did that cost?

Was anything here a condition rather than a pattern? See Conditions and Control in the manual or in Shoulder the Bill, and WB 2.16c.