

WB 8.9 — Meaning Check

Use with Chapter 16 (Daily Maintenance Habits) in the manual, Chapter 12 in *Shoulder the Bill*.

Purpose When the regulation work feels like a grind, meaning is what refuels it. This page reconnects your daily effort to the deeper why beneath it.

How to use this page

When: Use when the work feels flat or purposeless.

Done when: You have reconnected one daily action to a deeper purpose.

Worked example

What my effort served today: showing up steady for my kids.

My why: being the calm my own childhood did not have.

When it feels meaningless: remembering one good moment I made possible.

Anchor Phrase: 'The reason is what the tools run on.'

Loop stage: Recover

What has this effort served today?

Who or what is my "why" — the fuel beneath the regulation work?

When the work feels meaningless, what brings the meaning back?

One way I connected my daily actions to my deeper purpose this week:

☐ Self-Reward Loop completed