



The Truth Leak

Something slipped—your words, your tone, your face. Let's catch the belief hiding in plain sight.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. Did I say something today that felt a little too raw or too real? _____

2. Did someone's comment hit harder than it should have? _____

3. Did I react in a way that felt automatic or old? _____

4. What belief might've shown up in that moment? _____

5. Did it feel like I was defending something, or deflecting something? _____

6. Whose voice did I hear in my head? _____

7. Was it about this moment, or did it tap into something deeper? _____

8. What part of me felt exposed, judged, or misunderstood? _____

9. What would I say if I could go back and pause that moment? _____

10. What do I want to carry forward, if anything, from this moment? _____
