

Worksheet — 24-Hour Input Audit

Goal: see your own influence environment clearly, once. No judgment, just inventory.

Part 1 — The inventory

For one normal day, log (roughly) every channel that pushed information at you:

Channel (app/feed/person/place)	Time spent (est.)	What it mostly wanted from you (attention / money / agreement / action)	Emotion it most often produced

Part 2 — Three moments

Pick three moments where an input tried to move your mood, attention, or behavior:

1. What was it? What did it want? Did it work?
2. ...
3. ...

Part 3 — Your surface

From the Influence Surface list (attention, emotion, identity, belonging, certainty, fear, desire, status, urgency, fatigue), circle the two that today's log suggests are YOUR widest openings:

My top two: _____ and _____

Carry-forward

Write one sentence: "I am easiest to move when _____. " Keep it. Module 6 builds your defense plan around it.