



THE ACHIEVEMENT AUDIT

Which wins were for you - and which were for them?

You’ve achieved plenty. The question is who you were really serving. Some wins fed you. Others just bought approval, status, a moment of looking good – and left you emptier than before.

Until you can tell those two apart, you’ll keep chasing the kind that never fills you.

THE WORK

List your achievements – big and small, past ones and the ones you’re aiming at.

Then mark each with one letter: F if it was for fulfillment, A if it was for approval, status, or ego. Be honest. The uncomfortable ones are usually A.

Who was I really doing this for?

F / A	
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THE POINT

The F’s are your signal – the direction that actually feeds you. The A’s are the borrowed life, the treadmill that looks like progress. Now you can tell which is which, on paper.

*Stop collecting wins that impress other people.
Start collecting the ones that are actually yours.*

Your F’s are the first markers of a direction built from you, not for them. That’s the work inside *The Core Self*.

Want to go deeper - explore *The Core Self* at roskasilov.com
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