

RED LINES

What do you flatly refuse?

You burn energy trying to name what you want. Try the opposite. Your refusals are sharper than your wants, and you already know them cold.

Most people can't reach what they want yet - the signal's still blurry. But everyone knows what they won't stand for. Refusal is the clearest signal you've got. Start there.

THE WORK

Write five lines. Each one: "I will never ____ because ____."

The "because" is not a fear - it's what you're protecting. A red line drawn from fear is a wall. A red line drawn from what you value is a compass.

Example line: I will never take a job that needs me to perform someone I'm not all day - because the gap costs more than any salary covers.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

THE POINT

Five lines, and you've named five things you actually value - in writing, where they can't dissolve by Monday. Not a mood board. The first edge of your instrument.

*You don't find your direction by chasing it.
You find it by drawing the lines you refuse to cross.*

These become the Red Lines in your Inner Compass - the boundaries a real direction is built on. That's the work inside *The Core Self*.

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