
THE EXPANSION RECORD

Keep your understanding of yourself current.

You are living, choosing, learning, handling, creating, and expanding all the time. Record it. Celebration is not decoration on the process. It keeps your self-understanding from lagging behind your actual experience.

This is not a proof file.

You are not collecting evidence so you can earn permission to trust yourself. You are keeping an accurate, current record of what is already true in your lived experience.

What did I do that I want on the record?

What did I handle, navigate, or stay with?

What did I learn or discover?

What do I know now that I did not know before?

What choice am I proud to have made?

What capability, skill, experience, or knowing expanded?

What surprised me about myself?

What am I impressed with myself for?

What gets carried forward?

Because of this experience, what belongs in my current understanding of myself now?

Keep the record current.

The point is not to inflate who you are. It is to stop using an outdated record.