

Five questions to sit with

The Five Anchoring Questions

These five questions sit beneath the whole framework. They aren't a quiz, and you don't answer them once. You return to them — at the start, at the turns, and whenever the line of your life bends again. Read them slowly. The point isn't to finish them.

01 **What are my 9:03 moments asking of me?**

The moment that stops the clock doesn't hand you an answer. It hands you a question — and the question outlasts the moment. This one asks you to listen for what your own inflection points are still asking, long after they've passed.

02 **Whose story have I been calling mine?**

Much of what you believe about who you are was written by someone else — parents, institutions, a younger version of you who didn't know yet. Before you can author a life, you have to notice which parts you only inherited.

03 **Who do I choose to become now?**

Awareness without choice is just insight. This is the question that turns it into authorship: not who you were told to be, not who you happened to become, but who you decide to become, on your own authority, from here.

04 **Who's in this with me?**

No life is authored alone, and no life worth living points only at itself. This question names the people who showed up, the people you want to keep, and the people you choose to carry forward.

05 **What falls away, and what stays?**

Time changes what matters. The longer you live, the more you narrow toward what's real — fewer relationships, held closer; fewer pursuits, chosen with more care. This question asks what you're ready to release, and what you refuse to.

You won't finish these. That's the point. They're the questions a well-allocated life keeps asking.