



Your Four-Quadrant Reflection

01 WHAT I FEEL

The gut response. The body sense.

02 WHAT I BELIEVE

Convictions held without full proof.

03 WHAT I KNOW

Proven. Lived. Clear.

04 WHAT I DON'T KNOW YET

The honest edges.

WHAT'S EMERGING

The synthesis. The direction. What wants to move.
