
WHAT'S RUNNING YOU?

A guided reflection

by Paraag Amin

A Life That Fits



alifethatfits.today

Welcome

This workbook is yours. Use it alongside the video, or on its own if you prefer. There are no right answers. Whatever comes up first is usually the truest thing. Take your time. Write honestly. Nobody is reading this but you.

How to use this workbook

1. Watch the video and pause when prompted to write.
2. Use a pen or pencil if you can. Something changes when you write by hand.
3. There is a natural pause halfway through. Stop if you need to.
4. Come back when you are ready. There is no rush.

“You do not need to change everything.

You just need to see what has been running you.”

Part One

See It

Before you can change anything, you have to see it clearly. This part will help you name the belief that has been quietly running your life.

Exercise 1

Name the Belief

1. When things feel out of control, what do you automatically do?

Not what you think you should do. What you actually do.

2. What would you be afraid of if you stopped doing that?

3. Complete this sentence:

“If I don’t _____, then _____.”

4. How long have you been carrying this? Where did it start?

Pause here if you need to.

Come back when you are ready.

What you have just written down is something most people never see clearly. That took courage. There is no rush for what comes next.

Part Two

Shift It

Now that you can see the belief, this part will help you understand how it shows up in your body and give you one simple practice to catch it in real time.

Exercise 2

Map the Signature

1. Think of a recent moment when you felt the belief activate. What happened?

It does not have to be a big moment. The small ones are usually more useful.

2. Where did you feel it in your body first?

Chest? Stomach? Throat? Shoulders? Jaw? Be specific.

3. What did you do next?

Grabbed your phone? Made a list? Snapped at someone? Went quiet?

4. What would have happened if you had done nothing for two minutes?

The Two-Minute Pause

When you notice the belief activating, try this. Just once. See what happens.

1 Name it.

Say to yourself: "There it is." No judgement. Just recognition.

2 Feel it.

Put one hand on your chest. Feel your breathing. In and out. That is you. Not the belief.

3 Do nothing.

Two minutes. No phone. No task. No fixing. Just sit. The discomfort is the proof it is working.

4 Ask yourself.

What do I actually need right now? Not what the belief is telling me to do. What do I need?

Notes: how did it go the first time you tried it?

You have named the belief.

You have mapped how it shows up in your body.

You have a practice to catch it.

That is more than most people ever do.

If you want to continue this work in a supported space, with honest conversation
and people who understand, The Studio is open.

alifethatfits.today/studio



A Life That Fits

alifethatfits.today

linkedin.com/in/paraagamin

© Paraag Amin 2026. All rights reserved.