7-Day Leak Notice

A Structured Observation Experience

> For seven days, you are not going to fix anything. You are going to notice. That is the entire instruction.

WHAT YOU WILL HAVE BY DAY 7

■ A named pattern. Not a vague feeling that something is off. A specific, identified leak with evidence behind it.

■ A written record of six days of real observations across five categories of your life.

■ Clarity on which area is leaking most and what keeps recreating the condition.

■ A clear next step that matches your specific pattern, not generic advice.

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BEFORE YOU BEGIN

How This Works

A leak is not a mistake. It is a recurring pattern of loss that was never deliberately chosen.

You have them in every area of your life. Financial leaks. Time leaks. Relational leaks. Structural leaks. Hidden trades that cost more than you realized when you made them. The problem is not that you have leaks. Everyone does. The problem is that most leaks are invisible until they have already done significant damage.

> You cannot repair what you cannot see. This experience teaches you to see first.

THE ONLY RULE

Do not try to fix anything during these seven days. The moment you shift into fix mode, you stop noticing. Observation and intervention cannot happen simultaneously. Trust the process. Notice first.

HOW EACH DAY IS STRUCTURED

Focus	Each day targets one category of leak.
Framing	A brief explanation of what to look for.
Notice Prompts	Two or three questions to guide your observation.
Your Notices	Space to record what you actually saw.
End of Day	One closing reflection question.

Day 7 is the pattern review. That is where the real finding lives.

DAY 1 OF 7

The First Notice

Observation without intervention.

Today is orientation. You are not looking for anything specific yet. You are simply beginning to pay attention to the moments when something costs more than expected. Money. Time. Energy. Attention. Emotional bandwidth. Any of these counts. The cost does not have to be dramatic to be real.

NOTICE PROMPTS

- At any point today, did something cost more than you anticipated when you agreed to it?
- Was there a moment when you felt drained, behind, or stretched? What preceded it?
- Did you make any decision today on autopilot, without examining what it was costing?

YOUR NOTICES

Record what you actually observed today. Do not analyze yet. Just name it.

Notice 1

Notice 2

Notice 3

END OF DAY REFLECTION

In one sentence, what was the most unexpected cost you noticed today?

DAY 2 OF 7

Financial Leaks

Money that costs more than its price.

Financial leaks are not always about overspending. They are recurring patterns where money leaves in ways that were never deliberately chosen. Subscriptions that outlived their usefulness. Decisions made from urgency rather than intention. Income that arrives and disappears before it builds anything. Today you are looking for the pattern, not the amount.

NOTICE PROMPTS

- Did money leave today in a way you did not fully decide, or decided without examining?
- Is there a financial pattern you have noticed more than once this month? Name it.
- Where does money go in your life that you would not choose if you were deciding deliberately?

YOUR NOTICES

Record what you actually observed today. Do not analyze yet. Just name it.

Notice 1

Notice 2

Notice 3

END OF DAY REFLECTION

If your bank account could identify your most consistent financial leak, what would it name?

DAY 3 OF 7

Time Leaks

Attention and energy going somewhere unintended.

Time leaks are harder to see than financial leaks because time does not have a statement. They show up as days that ended without progress on what mattered. Obligations that expanded beyond what you agreed to. Attention that was captured rather than directed. Today you are noticing where your time went versus where you intended it to go.

NOTICE PROMPTS

- At the end of today, where did your time actually go versus where you planned for it to go?
- Was there a recurring interruption, obligation, or habit that claimed time you did not offer?
- What did you not do today because of where your time went? Was that trade deliberate?

YOUR NOTICES

Record what you actually observed today. Do not analyze yet. Just name it.

Notice 1

Notice 2

Notice 3

END OF DAY REFLECTION

Where did your time leak most consistently today, and is that pattern familiar?

DAY 4 OF 7

Relational Leaks

Relationships costing more than expected.

Relational leaks are not about people being bad for you. They are about patterns in relationships that consistently cost more than you anticipated: in emotional energy, in time, in the decisions you make differently because of them. Notice without judgment. You are looking at patterns, not assigning blame.

NOTICE PROMPTS

- Was there a conversation or interaction today that left you more depleted than the situation warranted?
- Is there a relationship in your life that consistently costs you more than it returns?
- Did you say yes to something today out of obligation rather than genuine intention?

YOUR NOTICES

Record what you actually observed today. Do not analyze yet. Just name it.

Notice 1

Notice 2

Notice 3

END OF DAY REFLECTION

Where did relational cost show up most today, and how long has that pattern been present?

Structural Leaks

Systems and decisions that recreate the same starting condition.

A structural leak is when something in how you have organized your life keeps returning you to the same place regardless of how hard you work. It is not a motivation problem. It is a design problem. The structure itself is recreating the condition you are trying to escape. Today you are looking at what keeps resetting.

NOTICE PROMPTS

- Is there an area of your life where significant effort keeps producing limited movement?
- Do you have systems in place, or are you relying on repeated individual effort to produce the same results?
- What decision have you made more than once that keeps returning the same outcome?

YOUR NOTICES

Record what you actually observed today. Do not analyze yet. Just name it.

Notice 1

Notice 2

Notice 3

END OF DAY REFLECTION

What structure in your life might be recreating the very condition you are working to change?

DAY 6 OF 7

Hidden Trades

What every gain has actually been costing.

A hidden trade is the thing you paid that was not listed in the price. The promotion that cost a marriage. The business that cost a childhood. The stability that cost the chance. The gain was real. So was the cost. Today you are not looking at losses. You are looking at what your wins have been funded by.

NOTICE PROMPTS

- Think of something significant you have achieved or built. What did it cost beyond money and time?
- Is there a gain in your life that came with a cost you did not fully account for when you made the trade?
- What are you currently building or pursuing, and what is it actually costing beyond what is visible?

YOUR NOTICES

Record what you actually observed today. Do not analyze yet. Just name it.

Notice 1

Notice 2

Notice 3

END OF DAY REFLECTION

Name one hidden trade you have made. Was it worth it, and did you choose it deliberately?

The Pattern Review

The leak is rarely the event. It is the repetition.

Today you do not look for new leaks. You look back across the six days you already completed and ask one question: what kept showing up?

A single instance is an event. Two instances are a coincidence. Three or more instances are a pattern. The pattern is the leak.

PATTERN REVIEW PROMPTS

- Which category appeared most often across the six days: financial, time, relational, structural, or hidden trade?
- Was there a specific situation, relationship, or decision type that kept reappearing?
- What did most of your notices have in common, even when the category was different?
- Where did you feel the most resistance to noticing? That resistance is information.
- If you had to name your primary leak in one sentence, what would you say?

YOUR PATTERN FINDING

Write what you found. Be as specific as the evidence allows.

My primary leak appears to be:

It keeps recreating itself because:

The first thing I want to investigate further is:

You have done the first and hardest thing.

You looked without flinching.

Most people spend years trying to fix what they have never actually seen clearly. You now have something most people do not have: a named pattern and a specific place to begin.

> The leak is not your character. It is a structural pattern that was never deliberately chosen. And what was never deliberately chosen can be deliberately changed.

WHERE TO GO FROM HERE

Your pattern finding points toward one of three directions. Choose the one that matches where your leak showed up most.

If your leak showed up primarily in the financial layer:

> **Help! I'm Broke, and I Can't Get Rich**
>
> Nineteen common financial leaks examined one at a time. If money is where you kept noticing the pattern, this is where you begin.
>
> **Get on Amazon: https://a.co/d/02ufnFX1**

If your leak showed up as a recurring structural pattern across multiple areas:

> **Capital Steward: Why You Keep Ending Up in the Same Place and How to Change What Happens Next**
>
> The complete Capital Steward framework for understanding why certain problems keep repeating even when you are making responsible decisions. This is the system for investigating the pattern you just named.
>
> **Get on Amazon: https://a.co/d/01ExprB8**

If your leak showed up as the hidden cost inside decisions that looked like wins:

> **The Hidden Trade: The Invisible Exchanges That Shape Your Life**
>
> Every gain is funded by something. Time. Attention. Relationships. Stability. Freedom. If your seven days revealed that something has been costing more than you realized, this is where to look next.
>
> **Get on Amazon: https://a.co/d/0fw8IANP**

Not sure which fits? Take the Capital Steward Archetype Assessment. It identifies your primary pattern and points you toward the right starting point.

Assessment: https://alichiaruss.com/assessment

Stability Before Expansion.

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