

FRICTION

INTERNAL

Choose The Larger Truth

The Experiment: Closing the Values Gap

Duration: 4 weeks

Time required: 20 minutes upfront; 5 minutes daily

Goal: Surface the gap between your stated values and how you're spending your time, build the muscle of choosing the harder, values-aligned option one deliberate decision at a time.

Week 1: Name What You Believe

On Day 1, write down your top three to five values in order of stated importance. Don't overthink it. What do you tell yourself matters most? What would you want someone to say about you at your retirement dinner?

Then, for the rest of the week, keep a simple daily log. At the end of each day, spend five minutes tracking where your discretionary time and energy actually went. Not your obligations, but your choices. The moments when you had options and picked one.

At the end of Week 1, review your values list and your log. Ask honestly: If someone could only see the log and not your values list, what would they conclude you value most? Write a paragraph describing the gap, without judgment. You are not indicting yourself. You are getting a clearer picture.

Week 2: Find the Friction Points

This week, you're looking for patterns in when and why you drift from your stated values. Each day, when you make a choice that moves you away from what you said matters most, pause long enough to ask: What was I trying to avoid?

Usually, the answer is some version of anxiety, discomfort, or the path of least resistance. Write it down without editorializing. By the end of the week, you should have a short list of the emotional triggers that most reliably pull you off course. These are your friction points: the specific feelings that quietly reshape how you live your values without your conscious awareness or consent.

At the end of Week 2, write one sentence that completes this prompt:

When I feel
I tend to abandon
in favor of

Week 3: Practice Choosing the Larger Truth

Each day this week, identify one upcoming decision point where you can choose the harder, values-aligned option instead of the lower-friction default. It doesn't have to be dramatic. Leaving at 5 o'clock. Putting your phone away at dinner. Saying no to a meeting that would compromise something that matters more.

Before each choice, write one sentence: The friction I'm choosing to tolerate here is...

After each choice, note two things: what it cost you emotionally, and what it gave back. You are building a ledger of evidence that the harder choice is survivable and often worth it.

Week 4: Build the Structure

Insight without structure tends to fade. This week, your job is to make one values-aligned choice harder to avoid by designing your environment around it.

Look back at your friction points from Week 2 and your ledger from Week 3. Pick the one values gap that matters most to you. Then ask: What would make the harder choice the easier one? This might mean blocking time on your calendar before anyone else can fill it, creating a visible reminder at your desk, telling someone you trust what you're trying to do, or building a small ritual that anchors the behavior you're trying to protect.

On the final day of the month, return to the paragraph you wrote at the end of Week 1. Write a new one. You're looking for one honest line that wasn't true four weeks ago.