

THE NAVIGATING CRAZY CHECKLIST

A TWO-PART TOOL FROM MIKE STAVER

This is not a productivity checklist. It's a diagnostic followed by a discipline. First, you find out where you actually are. Then, you get concrete moves for what to do about it.

It takes about five minutes. Print it. Come back to it monthly. The point is not to complete it. The point is to notice what's true.

PART ONE: ARE YOU DRIFTING?

Read each item honestly. Check the ones that are true for you right now. The number of checks tells you where you are.

- ☐ I can't remember the last time I felt genuinely proud of a full work week.
- ☐ I say yes to things I don't want to do more often than I say no.
- ☐ I check my phone within the first ten minutes of waking up.
- ☐ I have at least one professional relationship that costs me more energy than it returns.
- ☐ I've stopped bringing up a real concern with someone because it feels easier to let it slide.
- ☐ My calendar this week doesn't include a single meaningful thing I actually chose.
- ☐ I'm carrying a decision I know I need to make and keep putting off.
- ☐ I'm reacting to more things than I'm choosing.
- ☐ I've felt more tired than usual for more than three weeks running.
- ☐ If someone asked me what I most value right now, I'd have to think about the answer.

WHAT YOUR NUMBER MEANS

0-2 checks: You're mostly aligned. Keep your rhythms. Watch for drift.

3-5 checks: You're drifting. Not in crisis, but not steady. Time to reset before the drift compounds.

6-8 checks: You're significantly out of alignment. This is not a productivity problem. This is a values-and-behavior problem. Read the daily practice below and pick one to start today.

9-10 checks: You need more than a checklist. Get honest with someone you trust — a spouse, a coach, a therapist, a real friend. The work is not something you do alone.



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PART TWO: THE DAILY DISCIPLINE

Six practices for staying anchored. You don't do all six every day. You do the ones you need. Consider this a menu, not a rulebook.

1. The 30-Second Check

Once a day, ask yourself: **Is what I'm about to do worth what it will cost me?** Not everything is. Skip the meeting. Say no to the invitation. Close the tab. The question takes 30 seconds. The freedom lasts hours.

2. The One True Sentence

At the end of each workday, write down one true sentence about how the day actually went. Not what you did. **What was true.** Over time these sentences become a record of your real life — which is very different from your calendar.

3. The Pretending Question

Every week, ask yourself: **What am I pretending not to know?** In my work. In my relationships. In my body. In my finances. You don't have to act on the answer today. You just have to stop lying to yourself about it.

4. The Energy Audit

Every Sunday, look at the week ahead. Circle the three things that will require the most energy. Ask: **Is each of these worth it?** For the ones that aren't, either remove them, redesign them, or accept the cost with your eyes open.

5. The Alignment Check

Once a month, look at your calendar and bank statement together. Ask: **Do these reflect what I say I value?** If yes, keep going. If no, adjust one thing this week. Not ten. **One.**

6. The Acceptance Practice

When something hard happens, name it out loud: 'This is what is.' Not, 'This shouldn't be.' Not, 'This is unfair.' Just: **This is what is.** Then decide what to do next. Acceptance is the first move, not the last one.

WHERE THIS COMES FROM

This checklist is drawn from *Navigating Crazy: How to Live and Work Sanely in an Insane World*, available now. The book takes the work deeper — into values, purpose, energy, behavior, and the discipline of staying yourself when everything around you is moving.

The world isn't going to slow down. This is about what you do with that.

— Mike Staver

THE ALIGNMENT AUDIT

A fifteen minute exercise adapted from *Navigating Crazy: How to Live and Work Sanely in an Insane World* by Mike Staver

INTRODUCTION

Most people think they know their values.

When they get honest, they discover that what they value and how they're living have drifted apart. Sometimes by a little, sometimes by a lot.

This audit is not about figuring out your values. It's about noticing whether you're currently living and performing in alignment with the ones you already have.

It takes about 15 minutes. Grab a pen and answer honestly. The discomfort is the data.

HOW TO USE THIS

1. Work through the three questions in order. Take 3-5 minutes on each.
2. Do not overthink your answers — first honest answer is usually the right one.
3. When you're finished, read the reflection at the end and see what it tells you.

This is not a diagnostic. It's a mirror. The point is not to grade yourself. The point is to see clearly.

THE ALIGNMENT AUDIT

QUESTION ONE

What did you spend the most time on in the last two weeks?

Not what you planned to. Not what you meant to. What actually happened. Look at your calendar and be specific.

QUESTION TWO

Is that where the most important work of your career gets done?

Honest answer only. Not the answer that makes you feel good. The answer that's true.

THE ALIGNMENT AUDIT

QUESTION THREE

If a client, a colleague, and a family member each described what you seem to value most based on how you show up — would all three answers be the same?

Write down what each of them would say. All three answers. Be honest.

A family member would say I value:

A client would say I value:

A colleague would say I value:

THE ALIGNMENT AUDIT

What just happened?

Read this slowly.

For most people, at least one of those three questions produced discomfort. That discomfort is data.

You just held up a mirror to the gap between what you say you value and how you're actually operating.

When the gap is small, you make clean decisions under pressure. You use tools instead of getting used by them. You navigate hard seasons because you know what work you're protecting. When the gap is large, everything feels harder than it should. No tool closes it for you. No system fixes it. No hack shortcuts it.

You don't need to solve this today, you just need to notice it.

WHAT TO DO WITH WHAT YOU NOTICED

1. Pick the one question that produced the most discomfort. Sit with the answer for the rest of the day.
2. Tell one person you trust what you noticed. Not to be fixed. Just to say it out loud.
3. This week, make one small choice that moves you back into alignment. **One.** Not ten.

WHERE THIS COMES FROM

This checklist is drawn from *Navigating Crazy: How to Live and Work Sanely in an Insane World*, available now. The book takes the alignment work deeper — into values, purpose, energy, behavior, and the discipline of staying yourself when the world is loud, fast, and confusing. *If this audit was useful, the book will meet you where you are.* — *Mike Staver*