

WHY CAN FAMOUS PEOPLE MAKE THEIR DREAMS COME TRUE, BUT I CAN'T? (TATA, Your Adaptation Voice)

The Deep Dive Worksheet: Looking Past the Front Door

This worksheet goes with the blog. It has 7 short activities. Each one tells you exactly what to do, and shows you a filled-in example first, so you always know what your answer should look like.

Take your time. There are no wrong answers here.

1. THE FRONT DOOR LOG

Instructions: This week, catch the moment TATA compares your process to someone else's polished result. As soon as you notice it, come back and log it: what triggered the comparison, the verdict TATA handed down, and the feeling underneath it.

What kind of content usually triggers this comparison for you? (check all that apply)

- ☐ "Overnight success" stories
- ☐ Manifesting or mindset content
- ☐ Someone my age who's "already made it"
- ☐ Before-and-after transformation posts
- ☐ Other: _____

EXAMPLE ENTRY

What triggered it: A video of a musician talking about "manifesting" their record deal.

The verdict TATA handed down: "They just believed it into existence. I can't even believe my way through a Tuesday."

The feeling underneath it: Deflated. A specific kind of tired that isn't really about the video at all.

What's actually missing from that picture: The interview never mentioned the producer uncle, the eight years of unpaid gigs, or the three other projects that flopped first.

ENTRY 1 — What triggered it:

The verdict TATA handed down:

The feeling underneath it:

What's actually missing from that picture:

ENTRY 2 — What triggered it:

The verdict TATA handed down:

The feeling underneath it:

What's actually missing from that picture:

ENTRY 3 — What triggered it:

The verdict TATA handed down:

The feeling underneath it:

What's actually missing from that picture:

2. CHECK WHAT'S BEHIND THE DOOR

Instructions: Pick one specific person or story you've been comparing yourself to. Rate how sure you actually are that the comparison is fair, then separate what you actually know from what you're assuming.

VERY SURE — SOMEWHAT SURE — NOT REALLY SURE — NO IDEA, HONESTLY

EXAMPLE

Who or what I'm comparing myself to: A former classmate who just got their novel published.

Circled: Somewhat sure.

What I actually know: The book came out this year, and their author bio mentions a related job in publishing.

What I'm filling in myself: That they wrote it quickly, got lucky, and had none of the years of rejection I assume come with this.

Would this comparison hold up with only what I can actually see?: No. I don't actually know how many years they spent writing, or how many drafts got rejected before this one.

Who or what you're comparing yourself to:

Circle one above, then write it here:

What you actually know:

What you're filling in yourself:

Would this comparison hold up with only what you can actually see?:

3. WHERE THE MEASURING STICK GOT BUILT

Instructions: Nobody's born comparing their process to someone else's result. This activity traces back where you first learned that the finished outcome was the whole measuring stick, so you can see it as something you learned, not a fact about how progress works.

EXAMPLE

Where the measuring stick got built: Achievement in my house always got met with "well, your cousin did it faster," and nobody ever mentioned what my cousin actually went through to get there.

What I concluded from it: "The result is the only thing that counts. If it took me longer or looked messier, that means I did it wrong."

About how old I was: Somewhere around 12.

Where I'm still applying that lesson today: I judge my unfinished work against other people's finished, edited version of the same thing.

Where the measuring stick got built:

What you concluded from it:

About how old you were:

Where you're still applying that lesson today:

4. NAME YOUR MOVE

Instructions: When the comparison hits, you default to one of two moves: accepting the verdict completely, or dismissing the whole thing as "just luck" so you never have to look at your own effort. Circle the one you reach for most.

I ACCEPT THE VERDICT COMPLETELY — I DISMISS IT AS JUST LUCK

EXAMPLE

Circled: I accept the verdict completely.

What this move protects me from: The vulnerability of actually trying and finding out my effort still isn't enough.

What it's actually cost me: Months of not starting a project because I'd already decided, in advance, that I don't have "it."

One thing I might do differently if I dropped it for a day: Write down what's actually within my control today, instead of what I don't have access to.

Circle one above, then write it here:

What this move protects you from:

What it's actually cost you:

One thing you might do differently if you dropped it for a day:

5. THE REAL TIMELINE FILE

Instructions: TATA is convinced the polished result tells the whole story. This activity builds a running file of proof against that: real, researched stories where the actual timeline behind an "overnight success" turned out to be a lot longer and messier than it looked.

EXAMPLE

The "overnight success" story: A viral singer whose debut song seemed to come out of nowhere.

What was actually behind the door: Ten years of small local shows, a failed first record deal, and a day job she kept for most of that decade.

1. The "overnight success" story:

What was actually behind the door:

2. The "overnight success" story:

What was actually behind the door:

Tip: keep this list somewhere you'll see it again, and add to it every time you look up the real story behind a highlight reel.

6. A LETTER FROM AKO TO TATA

Instructions: AKO is your Higher Self, the part of you that can see the whole house, not just the front door. Let AKO write TATA, your Adaptation Voice, a short letter, thanking her for trying to make sense of the gap between you and someone else's success, and telling her what's changed since she first started measuring that way.

EXAMPLE

"Dear TATA, thank you for trying to figure out what's different about me. I know comparing results felt like the fastest way to understand it. But you're comparing my whole house to someone else's front door. Let's go look at what's actually inside mine before we decide anything."

Dear TATA,

7. THIS WEEK'S ONE CONCRETE STEP

Instructions: Pick one thing that's actually within your control in your own process right now. Choose one small, concrete step toward it, not a leap, just a step. Predict what you think will happen. Then do it, and come back and write what actually happened.

EXAMPLE

What's actually within my control: How much I write, not whether it gets published.

My one concrete step this week: Write for twenty minutes, three times this week, no editing allowed.

I predict: It'll feel small and unimpressive compared to someone else's finished book.

What actually happened: I wrote more in those three sessions than I had in the previous two months combined.

What's actually within your control:

Your one concrete step this week:

I predict:

What actually happened:

Nothing here proves resources don't matter, or that the gap you feel isn't real. It proves you were comparing your whole house to someone else's front door, and that was never a fair way to measure what you're capable of.

You got this! Nobody is coming to save you... you have to save yourself!

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