



A REBUILDING JOURNEY™ FIELD GUIDE

The
H.A.L.T.™
Check-In

Halt. Audit. Let go. Choose your direction.

*For the person
who keeps going,
and has forgotten
why.*



DORCUS JULIET

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FOR YOUR DRIVE

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A NOTE BEFORE YOU BEGIN

Dear friend,

If this guide reached you through your Identity Reading, your lowest score was **Drive**. If it reached you through the Rebuilding Journey™ map, You are in the **Define stage**. You are not short of drive. You probably have more than most people around you. The question is what your drive is serving.

H.A.L.T.™ is the reset I teach. I took a live room through it at The Midpoint Reset™ in June 2026. It has four moves, always in the same order. **Halt**, to stop the noise. **Audit**, to take an honest look. **Let go**, to put down what was never yours to carry. **Trajectory**, to choose one direction for the next 90 days.

There are two ways to use it. The full reset takes about an hour, once every quarter. The 10-minute check-in is for the moment your phone lights up with a request you want to refuse, and know you will accept.

Be real with these pages. Not the version you perform for people. The real one. Your answers are private unless you choose to share them. There are no right answers. There is only the truth.

With belief in your becoming,

Dorcus Juliet

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Transformational Coach & Identity Strategist · Founder, TPDC Thrive



HOW TO USE THIS GUIDE

Before you begin

25 minutes to read · one hour for the full reset · 10 minutes before any big yes

How to work through it

- Read the guide through once. It takes about 25 minutes.
- This week, do the full reset: one step a day, or all four in one sitting of about an hour. Keep the order.
- Before any big yes, use the 10-minute check-in. Save the card page to your phone.
- Every 90 days, do the full reset again and retake the Identity Clarity Audit™ to compare your Drive score.

This guide is for you if

- You have been running for months without once asking where you are actually going.
- You keep saying yes to what drains you, and resent it later.
- You show up for everyone while quietly falling apart inside.
- The plans you started this season with and the life you are living no longer match.

This guide is a coaching tool for reflection and growth. It is not therapy, and it does not replace care from a counsellor, psychologist or doctor. If painful memories come up as you work, pause and speak to a qualified professional. Support contacts are on the last pages.

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THE DOOR

The 9:47 p.m. yes

It is 9:47 p.m. You have not eaten since lunch. The meeting ran over, the traffic on Mombasa Road did not move, and someone in the family WhatsApp group has just tagged you in another request for money. Before you have taken off your shoes, you have typed: *Sawa, I'll send.*

By morning you are irritated with them, and more irritated with yourself. You wonder why you keep doing this.

Here is a gentler question. **Who made that decision?** Was it you? Or was it a hungry, tired, quietly lonely version of you, at the end of a long day, reaching for the one thing that still felt certain: being the one who always comes through?

Nothing in that moment told you to stop. That is what H.A.L.T.™ is for.

THE NAME

Three leaks that repeat your year

Capable people rarely fail for lack of talent or effort. They repeat the same year because they cannot see the leaks quietly draining everything they build. Name the leak. Close the leak. The next season becomes possible.

Carrying weight that was never yours	Deciding from fear, not clarity	Performing instead of processing
Their expectations. Their timelines. Their definitions of success. Every step forward carries weight no one assigned to you.	Busy, responsive, always showing up, and not really choosing. Saying yes because you are afraid of what no will cost you.	Showing up for everyone while quietly falling apart inside. What you do not process compounds.

Your Reading named what sits underneath. Tony Robbins describes six human needs that move all of us: certainty, variety, significance, connection, growth and contribution. A drive organised around certainty and significance produces achievement. Growth and contribution are what tend to produce fulfilment.

Each step of H.A.L.T.™ closes a leak. **Halt** interrupts the fear-driven yes. **Audit** turns performing into processing. **Let go** puts down the weight that was never yours. **Trajectory** gives your drive one direction worth serving.

A HARD TRUTH

*A yes you did not mean is a loan against your future peace.
Resentment is the interest you pay on it.*



THE WORD

What are you doing here?

And the word of the LORD came to him: "What are you doing here, Elijah?"

1 KINGS 19:9 (NIV)

Elijah had just seen the greatest victory of his ministry on Mount Carmel. A day later he was alone in the wilderness, under a broom bush, telling God, "I have had enough." He was afraid. He was exhausted. He had not eaten. And he believed he was the only one left.

Look at the order of what God did. **First he halted him.** He let Elijah sleep, and fed him, twice. **Then he asked a question**, not a correction: "What are you doing here, Elijah?" **Then he lifted a weight** Elijah was never meant to carry. Elijah believed he was the only faithful one left. God told him there were seven thousand others. **Then he gave him a direction:** "Go back the way you came."

Halt. Audit. Let go. Trajectory. It is the same order this guide follows.

If faith is not part of your story, read this page as an old story about a tired leader. The work that follows is the same.

THE WIRING

Why each step works

H.A.L.T.™ is a coaching framework, and each move rests on solid research.

Who	What they found
Halt · Naming the feeling	Matthew Lieberman and colleagues at UCLA found that putting feelings into words was linked with lower activity in the amygdala, the brain's alarm centre. Writing "If I am honest, right now I am feeling..." is regulation, not weakness.
Halt · The breath	In a month-long Stanford study led by Melis Yilmaz Balban, five minutes a day of slow, structured breathing, including box breathing like the breath in Step H, improved mood and reduced physical stress. Breathing with long exhales helped most.
Audit · Writing it down	James Pennebaker found that people who wrote about difficult experiences for 15 to 20 minutes on a few days in a row tended to make fewer visits to the doctor in the months that followed. Writing is how performing becomes processing.
Let go · Over-functioning	Family systems theory, developed by psychiatrist Murray Bowen, describes how one person in a family often over-functions, carrying what belongs to others. The pattern only changes when that person stops carrying it.
Let go · Putting it down	E. J. Masicampo and Roy Baumeister found that unfinished goals keep pulling at the mind, and that making a specific plan for them reduced those intrusive thoughts, even before the work was done.
Trajectory · Naming the obstacle	Gabriele Oettingen's research shows that picturing the obstacle, not only the dream, makes people more likely to act. Positive thinking alone can make people less likely to follow through.
Trajectory · If-then plans	Peter Gollwitzer and Paschal Sheeran's review of 94 studies found that plans written as "When this happens, I will do that" substantially improved follow-through.
Trajectory · Ninety days	In a study at University College London, new daily habits took a median of about 66 days to feel automatic, with a wide range. Ninety days gives a new direction room to settle.

Research describes patterns and associations, not guarantees. You remain the expert on your own life.



THE FRAMEWORK

The H.A.L.T.™ Check-In

Four moves, always in this order. Use the full reset once a quarter, and the 10-minute check-in before any big yes.

	Step	What it means
H	Halt	Stop the noise. Find out where you really are.
A	Audit	Take the honest look: what is working, what is draining you, and what you have not admitted.
L	Let go	Release what was never yours to carry.
T	Trajectory	Choose one direction for the next 90 days.



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H Halt

STEP 1 OF 4

Stop the noise. Find out where you really are.

Before you can reset, you have to stop. Most capable people have been running for months without once asking: where am I actually going? Halt is not quitting. It is the pause that lets you hear yourself again.

First, a 30-second body check

Am I hungry? Angry? Lonely? Tired? If any answer is a strong yes, meet that need first: eat, drink water, step outside, call someone, or sleep. Then come back. A depleted body answers every question darker than it really is.

WRITE HONESTLY

Close your eyes. Breathe in for 4 counts, hold for 4, breathe out for 4. Do this twice. Then answer honestly.

1. Where are you actually right now? Not the version you show people. The real one.

2. What has been running loudest in your mind this week that you have not said out loud?

3. Complete this sentence: "If I am honest, right now I am feeling..."

LOCK-IN MOMENT

Circle the one word that describes where you are arriving today.

Exhausted · Hopeful · Stuck · Confused · Behind · Angry · Empty · Ready · Numb ·
Determined · Other: _____



TRY THIS

Empty the Noise

List everything that is running in your head right now: tasks, worries, conversations, requests. Then mark each one: **Mine** (I will act on it), **Not mine** (it belongs to someone else) or **Not now** (it can wait). Your Not mine list goes with you into Step L.

What is running in my head	Mine, not mine or not now?
<i>Example: My cousin's school fees again</i>	<i>Not mine</i>

Be still, and know that I am God.

PSALM 46:10 (NIV)

Stillness is not a reward for when everything is done. It is where you hear what everything is for.

WATCH FOR Calling exhaustion laziness. Stopping is not falling behind. It is how you find out whether you are running in the right direction.



A Audit

STEP 2 OF 4

Take the honest look. You cannot change what you cannot see.

This audit is not about blame. It is about clarity. Your Reading showed that your drive is strong. Here you find out what it has been serving, and what it has been costing you.

Let us examine our ways and test them, and let us return to the LORD.

LAMENTATIONS 3:40 (NIV)

WRITE HONESTLY

Answer all three. Do not edit yourself. Write the first thing that comes.

1. What has genuinely worked in this season that I should keep doing?

2. What has drained me most that I kept saying yes to anyway?

3. The one honest thing I have not admitted to myself yet is...

LOCK-IN MOMENT

Of your three answers, which one needs the most attention right now? Put a star ★ next to it.



TRY THIS

Then and Now

In column A, write the goals, plans or intentions you started this season with. In column B, write honestly what is actually happening. Do not judge what you write. Do not fix it. Just see it.

A · What I intended	B · What is actually happening

LOOK AT THE GAP BETWEEN A AND B. WHAT CREATED IT?

TRY THIS

The Yes Behind the Drain

Take the drains you named in question 2. Which need was each yes feeding: certainty, variety, significance, connection, growth or contribution?

A yes that drains me	The need it feeds	Keep, change or stop?
<i>Example: Chairing the harambee committee</i>	<i>Significance</i>	<i>Stop. Someone else can lead it.</i>

WATCH FOR Auditing only your failures. An honest audit also counts what worked. You will need it in Step T.



L Let go

STEP 3 OF 4

Put down what was never yours to carry.

There is something you are still carrying that was never yours to carry. Their expectations. Their timelines. Their definitions of success. Their disappointments. For a firstborn son paying three sets of school fees, it may be the belief that the whole family rises or falls with him. For the friend everyone calls in a crisis, it may be the belief that no one else will come. You do not have to take it into your next season.

WRITE HONESTLY

Answer honestly. You do not have to share this with anyone.

1. The thing I am still carrying that was never mine to carry:

2. I have been holding onto it because:

3. What becomes possible when I release it?

LOCK-IN MOMENT

Say this out loud, then write it below.

"I am releasing _____.

It was never mine to carry."



TRY THIS

Return to Sender

Take your Not mine list from Step H and anything you named above. For each weight, write who it really belongs to and what you will do instead. Then say: "I am returning this. It is not mine." You do not need their permission to put it down. You only need to decide.

The weight I am carrying	Who it really belongs to	What I will do instead
<i>Example: Keeping everyone at home happy</i>	<i>Each of them</i>	<i>Ask what they need instead of guessing</i>

Letting go is not abandoning people. Scripture asks us to "carry each other's burdens" and also says "each one should carry their own load" (Galatians 6:2, 5). Love helps carry. It does not take over. This is the question at the heart of *When to Walk Away: The Power of Knowing When to Let Go*, the book I co-authored this year.

Let us throw off everything that hinders... And let us run with perseverance the race marked out for us.

HEBREWS 12:1 (NIV)

WATCH FOR Releasing it on paper and picking it up again on the phone. Notice the next request that tries to hand it back.



T Trajectory

STEP 4 OF 4

Not ten goals. One direction that fits the life you are living.

Not ten goals. Not a vision board. One direction that actually fits the life you are living right now. A trajectory is not a goal. It is a direction. North, not a specific destination: a direction to move in.

WRITE HONESTLY

Keep it to one direction. Use what you started in Step A and what you released in Step L.

1. What do I most need to build, become or move toward in the next 90 days?

2. What would tell me I am moving in the right direction? (A feeling, a result, a milestone.)

3. The one thing I need to start, stop or keep doing to move in this direction:

LOCK-IN MOMENT

Complete this sentence.

"For the next 90 days, I am moving in the direction of:



TRY THIS

My Three Non-Negotiables

These are not goals. They are commitments you make to yourself and keep, however the week goes. Write each one as: When [day, time or situation], I will [action].

1

2

3

THE OBSTACLE MOST LIKELY TO STOP ME

WHEN THAT HAPPENS, I WILL

Forgetting what is behind and straining toward what is ahead, I press on toward the goal.

PHILIPPIANS 3:13–14 (NIV)

WATCH FOR Choosing a direction that will impress people instead of one that fits your life. If no one ever saw it, would you still choose it?



KEEP THIS PAGE

The 10-minute H.A.L.T.™ Check-In

Screenshot this page. Use it before you reply, react, commit or decide.

H Halt

Stop. Three slow breaths. Am I hungry, angry, lonely or tired? Where am I really right now?

A Audit

Am I choosing this, or am I avoiding something? Is this coming from fear or from clarity?

L Let go

Is any part of this a weight that was never mine to carry?

T Trajectory

Does this move me in my 90-day direction? If not, the answer is "not yet".

WAYS TO SAY "NOT YET"

"I want to give this a proper answer. Let me come back to you tomorrow by 10."

"I can't commit tonight. I will confirm on Friday."

"Let me check my week before I say yes."

"Nimesikia. Nitakujibu kesho." (I have heard you. I will answer tomorrow.)

Before any big yes: the 10-minute check-in. Every quarter: the full reset.

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GOING DEEPER

Your 90-Day Trajectory Sheet

Fill this in at the end of every full reset. Keep it where you will see it: inside your Bible, in your journal, or as the lock screen on your phone. In 90 days, do the reset again and compare.

TRY THIS

My 90-Day Trajectory

One line from each step. This is yours to keep.

H · THE ONE WORD I ARRIVED AS

A · THE ANSWER I STARRED

L · I AM RELEASING... IT WAS NEVER MINE TO CARRY.

T · FOR THE NEXT 90 DAYS, I AM MOVING IN THE DIRECTION OF

MY THREE NON-NEGOTIABLES

TRY THIS

Your H.A.L.T. Log

Each time you use the 10-minute check-in, note it here. Patterns usually show within two weeks.

Date	The decision	H: arriving as	A: fear or clarity?	L: mine to carry?	T: serves my direction?	What I chose



Date	The decision	H: arriving as	A: fear or clarity?	L: mine to carry?	T: serves my direction?	What I chose

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Look down the A column. If fear keeps showing up, that is your next conversation, with yourself, with God, or with a coach.

THE PROOF

What this looks like in a life

A composite, drawn from patterns I see in coaching. Names and details are changed.

Njeri is a procurement manager in Westlands, a Sunday school leader, and the friend everyone calls in a crisis. In one month she agreed to chair a harambee committee, host her in-laws for three weeks and cover a colleague's audit. She came to coaching angry, and could not say with whom.

At Halt, the word she circled was *Empty*. The body check explained part of it: most of the yeses she regretted had been given after 9 p.m., on days she had skipped lunch. At Audit, the answer she starred was the one she had never said aloud: "I am not coping, and nobody knows."



At Let go she wrote: "I am releasing being the one who always comes through. It was never mine to carry." Her trajectory for the next 90 days was rest she plans, not rest she collapses into. Her three non-negotiables: no new commitments after 8 p.m., lunch away from her desk, and one honest call to her sister every Sunday.

In four weeks she declined two requests she would once have accepted, and told her sister, for the first time, that she was not coping.

THE RETURN

Your H.A.L.T.™ commitment

*I am releasing what was never mine to carry.
I will not decide from fear when I can wait for clarity.
For the next 90 days, I am moving in one direction.
I will show up for myself the way I show up for everyone else.
My yes is a gift. I will give it on purpose.
I am not the same person who started this. That is the point.*

Signed _____ Date _____

Your seven days

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Day	Focus	Do this (about 15 minutes)	Done
Day 1	Halt	Read the guide. Do Step H and Empty the Noise. Save the 10-minute card to your phone.	☐
Day 2	Audit	Answer the three Audit questions and complete Then and Now.	☐
Day 3	Audit	Complete The Yes Behind the Drain. Notice one drain you said yes to today.	☐
Day 4	Let go	Answer the three Let go questions. Say your release sentence out loud.	☐
Day 5	Let go	Complete Return to Sender, and return one weight: one conversation, message or decision.	☐
Day 6	Trajectory	Complete Step T and write your three non-negotiables.	☐
Day 7	Return	Fill in your 90-Day Trajectory Sheet and sign your commitment.	☐

Come back in 90 days. Do the full reset again, retake the Identity Clarity Audit™ and compare your Drive score and your Identity Shape.



THE MAP

Where this guide sits

This guide belongs to The Rebuilding Journey™, my map of return after a defining life transition: four stages, Heal, Discover, Define and Rise. The map does not grade where you are standing. It names it. Each stage has its own free guide, and each guide also answers one pillar of the Identity Clarity Audit™.

Season	It sounds like	Your free guide	Audit pillar
1 Heal	"Something is wrong and I cannot name it."	R.O.O.T.S.™ Release, Orient, Own, Tether, Step. Separate the beliefs you inherited from the ones you choose.	Foundation
2 Discover	"I keep noticing things about myself I had forgotten."	Identity Drift: The Unfinished Chapter An excerpt from the forthcoming book, with a worksheet for naming the thread of your story.	Story
3 Define	"I know what is true about me; now I have to live it."	The H.A.L.T.™ Check-In (this guide) Halt, Audit, Let Go, Trajectory. Release what was never yours and choose one direction for 90 days.	Drive
4 Rise	"The life I built has started producing on its own."	The 4D Model™ Discover, Develop, Define, Deploy. From a purpose you sense to a step you can take.	Alignment

See the whole map and locate yourself on it: dorcusjuliet.com/rebuilding-journey



YOUR NEXT STEP

When you want someone beside you

This reset shows you what your drive has been serving. A Deep Dive™ shows you why, and what to do next.

In ninety minutes, one to one, we look at your Identity Reading, your Trajectory Sheet and the yes you most regret, and we name the need underneath it. You leave with your Clarity Mirror, a written reflection of what we uncovered, and one agreed Power Move, so your next 90 days start with a step you mean.

90 minutes One to one with Dorcus, online

Your Clarity Mirror A written reflection of what we uncover, yours to keep

One Power Move A single agreed action for your next season

KES 2,500 · USD 20 One session



WhatsApp the word NAME to +254 734 878148

Scan the code, or send NAME on WhatsApp. Bring this guide with you.

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PASS IT ON

Who came to mind as you read this?

Someone you love may be carrying more than they show. Send them the Identity Clarity Audit™. It takes seven minutes, it is free, and their Identity Reading is private to them.



dorcusjuliet.com/theidentityclarityaudit

You may share this guide whole and free of charge, with credit to Dorcus Juliet. Please do not sell it or change it.

If you need more support



Coaching is for growth. If you are in crisis, if you feel unsafe, or if you are thinking about harming yourself, please reach out to someone now. You do not have to carry this alone.

Where	Contact
Emergency in Kenya	999 or 112
Kenya Red Cross, free mental health helpline	1199
Befrienders Kenya (call, SMS or WhatsApp)	+254 722 178 177
Outside Kenya	findahelpline.com lists free helplines by country



ABOUT THE AUTHOR

Dorcas Juliet is a Transformational Coach and Identity Strategist based in Nairobi, Kenya. She helps capable men and women rebuild their identity, heal deeply and grow with clarity.

She is the founder of TPDC Thrive, a community movement for personal development founded in December 2024, and the creator of The Rebuilding Journey™ and the Becoming More Experience™. She holds a BDS Training of Trainers certification and is ranked among the top 1–2% of LinkedIn creators in Kenya by Favikon.

She is a co-author of When to Walk Away: The Power of Knowing When to Let Go (ZionPearl, 2026) and the author of the forthcoming Identity Drift: Take Yourself Back.

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