

DEEP ORBIT DAILY WORKBOOK

Morning Orbit Check

Where am I today: stable, drifting, fighting gravity, emergency, unknown? What is one truth? What is one mission? What is one person I can serve?

Cycle Severance

Trigger -> avoidance -> escape -> relief -> shame -> isolation -> repeat. Sever earlier. Name the first link you can see.

Recovery Velocity

Do not worship streaks. Track return speed. Tell truth, hydrate, move, pray, contact support, reset environment.

God's Path

Am I obeying what I already know? Am I moving toward calling or comfort? What action would future-me thank me for?

Night Debrief

What worked? What lied? What did I avoid? Where did I reflect Christ? What needs repair tomorrow?