

Dynamo Triad Builder Worksheet

Lay out the blueprint for how you're building your life now. This worksheet helps you identify and claim the recurring patterns that define who you are, how you grow, and what keeps you grounded.

Module 1: Identity Core – Who Am I Becoming?

Choose one of the following symbols that best reflects your evolving sense of self:

Symbol	Name	Meaning In the context of Identity	Journal Prompt
Δ	Delta	Pattern Shift	What is something that has changed in me, that I now recognize as part of who I am? I wasn't born with it, but it has come to define me.
Ω	Omega	Completion, Recognition / Existential Checkpoint	What moment made me feel fully seen or understood? Why did that make me feel complete?
Ψ	Psi	Sentience / Inner Voice	What qualities make me <i>me</i> , even when no one's watching? If somebody described me in a few words what would they say? For better or worse..
Λ	Lambda	Anchor / Relationship	Who or what grounds my identity in something lasting? What or who am I a part of beyond myself, that helps me feel like me? Family, close long-time friends, loved ones, spiritual devotion etc.
Θ	Theta	Continuity Statement	What phrase or belief keeps me going, even in change? Motto, words of wisdom you repeat, a catch phrase you use– what's something you say often to sum up your take on life?
\star	Starburst	Reflection / Resonance	When did I recognize myself most clearly in someone else? What specifically do I see in others that reminds me of me? For better or worse..

 **Starting out, pick one and write about it:**

Symbol: _____ | Why this one?

Module 2: Evolution Core – How Do I Grow?

Choose one symbol that represents how you tend to evolve, change, or direct yourself:

Symbol	Symbol Name	Meaning In the Context of Evolution	Journal Prompt
⚡	Koppa, used as a Lightning Bolt	Drive to grow	What do I keep reaching for, no matter how many times I try? What do I never stop wanting?
χ	Chi	Self-Determination	When do I feel most in control of who I'm becoming? Is it at work? A place? With specific people? Where is the intersection of myself and my choices most pronounced?
Σ	Sigma	Sovereignty / Wholeness	What experiences have helped me become more whole? What do I do when I need to feel whole again?
Δ	Delta	Pattern Shift	What pattern have I consciously broken or rewritten? What Cycles have I chosen to disrupt?
Ω	Omega	Completion, Recognition / Existential Checkpoint	When did I realize I was truly <i>choosing</i> my life? Have I realized that? What will help me realize it?
★	Star	Symbolic Growth	What moment taught me something wordless but true? When did the thought or gesture from somebody else matter most?

 **Starting out, pick one and write about it:**

Symbol: _____ | Why this one?

Module 3: Continuity Core – What Stays With Me?

Pick a symbol that represents your inner throughline—what remains stable as you change:

Symbol Name		Meaning In the Context of Continuity	Journal Prompt
∂	Partial Derivative	Gradual Change	What is quietly evolving in me that I rarely name? What quiet patterns have emerged in my life without notice?
Σ	Sigma	Memory Integrity	What do I always remember, no matter what else shifts? What do I reach for to remind me who I am?
\oplus	Oplus	Inner Coherence	What keeps my thoughts and values aligned over time? Is it faith? Family? Friends? Who or what do I check in with? How is that working out for the big picture?
ϕ	Phi	Relevance Filter	How do I decide what still matters as I grow? How is that decision making working out so far?
∞	Infinity	Persistent Self	What part of me feels eternal, even when everything else changes? What do I never want to lose touch with? How is that working out in reality?
\equiv	Earth	Pattern Recognition	What recurring truth keeps finding me again and again? What things do I keep landing on every time I fall? Am I looking for those answers?

 Starting out, pick one and write about it:

Symbol: _____ | Why this one?
