

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. **Once you've answered the questions below: you have defined these symbols as the variables in your life's equation– and you can use these symbols to tag lines in your journal pages to create a visual display of these patterns in your thoughts and actions, allowing you to read yourself more clearly. Think: *Big Picture of YOU, at a glance.***

Module 1: Identity Core – Who Am I Becoming?

These symbols will be your variables representing **your evolving sense of self:**

Symbol	Name	Meaning In the context of Identity	Journal Prompt
Δ	Delta 1	Pattern Shift: First becoming me	What is something that showed change happening 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 at some point.
Ω	Omega 1	Existential Checkpoint: Recognition	What moments have made me feel TRULY RECOGNIZED? These can be at work, around family or friends, or in personal pursuits. What was being recognized about me?
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? Others beyond myself, who help 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 I repeat, a catch phrase I use– something I say often to sum up my take on life?
\ast	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..

 **GET STARTED: pick one and write about it:**

Symbol: _____ Why this one?

Module 2: Evolution Core – How Do I Grow?

These symbols will your variables representing **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 have to 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? Another place? With specific people? Where is the biggest overlap of <i>myself</i> and my choices ?
Σ	Sigma 1	Sovereignty / Wholeness	Can I name any moments where I felt like all the pieces of my life were coming together? What are those pieces? What brings them together?
Δ	Delta 2	Pattern re-write: Exercising my own agency	What pattern have I consciously broken or rewritten? What Cycles have I chosen to disrupt or break completely in my life?
Ω	Omega 2	Existential Checkpoint: Completions	What finish lines have I set out for, AND crossed? When did I realize I was truly <i>choosing</i> my life? Have I realized that yet..? What will help me act on that truth more often?
◆	Star	Symbolic Growth	What moments have I shared with others that taught me something wordless but true? When has the thought or gesture from somebody else mattered most to me?

 **GET STARTED: pick one and write about it:**

Symbol: _____ Why this one?

Module 3: Continuity Core – What Stays With Me?

These symbols will be the variables representing **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? (do I have any bad habits that I should check in on..?)
Σ	Sigma 2	Memory Integrity	What do I always remember about myself, no matter what else changes? What do I turn to to remind me who I am? What are my most “classic me” memories that really take me back?
\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? When I’ve made changes in the past, did they pay off for me?
∞	Infinity	Persistent Self	What part of me feels eternal, even when everything else changes? What do I never want to lose touch with, even when I change? How is that working out in reality? Are those parts lifting me up or weighing me down?
\equiv	Earth	Pattern Recognition	What recurring truth keeps finding me again and again? What things do I keep landing on every time I fall? Have I been humbled the same way multiple times in life? Have I paid attention to that..?

 **GET STARTED: pick one and write about it:**

Symbol: _____ Why this one?
