



INVISIBLE GIANTS INVENTORY

Tool 1 | Realign2TheDesign Collection: Vol 100

A companion tool inspired by the book How We Got Here: Race, Grief, and Faith—A Testimony of Becoming by Danielle Price

FRAMEWORK: See. Reflect. Realign.

What Is Quietly Shaping Me?

This tool helps you identify the 3 B's: Blind spots, Beliefs, and Bond(age)s that shape your mindset, attitude, behavior, and relationships. Rate each statement using the scale below to discover what may be quietly shaping you.

Use this tool when:

- You feel stuck in over-functioning, people-pleasing, or proving your worth
- You notice recurring triggers and want language for what's underneath them
- You're entering a new season and want to discern what you're carrying into it

Instructions:

Score each statement below. Put your subtotals in the boxes to the right in each section.

Scoring: 0 = Never | 1 = Sometimes | 2 = Often | 3 = Almost Always

IDENTITY & BELONGING

- ___ I question whether I truly belong in certain spaces.
- ___ I feel pressure to prove my worth to others.
- ___ I struggle to define myself apart from roles or expectations.
- ___ I carry beliefs about myself that were handed to me by others.
- ___ I find it hard to celebrate my own identity without guilt.

My Score

SURVIVAL & PERFORMANCE

- ___ I default to performing rather than being authentic.
- ___ I feel like rest must be earned through productivity.
- ___ I avoid vulnerability because it feels unsafe.
- ___ I over-function to maintain control in uncertain situations.
- ___ I measure my value by what I produce or achieve.

My Score

RELATIONSHIPS & VOICE

- ___ I silence my own voice to keep the peace.
- ___ I attract or accept relationships that mirror old wounds.
- ___ I struggle to set boundaries without guilt or fear.
- ___ I feel responsible for other people's emotions.
- ___ I find it difficult to ask for what I need.

My Score

SPIRITUAL MISALIGNMENT

- ___ I struggle to trust Yahuah (God) with outcomes I cannot control.
- ___ I feel disconnected from spiritual practices that once grounded me.
- ___ I carry shame that makes it hard to approach Yahuah (God) honestly.
- ___ I confuse spiritual performance with genuine faith.
- ___ I find it hard to rest in grace without striving.

My Score

REFLECTION

Which section had the highest score? What does that reveal about the 3 B's: Your Blind Spots, Beliefs, and Bond(age)s?

What Invisible Giant is most active in your life right now?

What truth do you need to remember to begin realigning with Yahuah's (God's) original design?
