

HOUSE OF MASTERY

The Unfinished Life Diagnostic

The ten forms unfinished takes, and what each one looks like from the outside.

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Instrument ULD-2.0 · the companion to your result at houseofmastery.co/assess/

HOW TO READ THIS

You already have the result. This is the rest of it.

The diagnostic asks ten statements, one for each form, and gives you a result in two layers. This guide holds both layers in full, so you can read the ones you were not given as well as the ones you were.

- 1. **Layer one, the forms.** Your three loudest, out of the ten. The form is what is unfinished and how it operates.
- 2. **Layer two, the archetypes.** Your primary and secondary. The archetype is what that same pattern looks like to somebody watching, in the part of your life where you said it is loudest.

The pattern is an adaptation, not an enemy. Every form in here served a purpose once. The cost is real and so was the reason. Nothing in this guide is written to make you feel worse about a thing you did to get through something.

It is a snapshot, not a verdict. An unusual season shifts the intensity. The pattern remains.

It is read within you, never against anybody else. There are no norms here and inventing them would be a lie. Every reading in your result compares you to your own range, and to nothing and nobody else.

What the bands mean

Each statement is answered on five points. Answering everything at the floor reads zero and answering everything at the ceiling reads one hundred, so a band means what the word says.

HOW OFTEN IT WAS TRUE	HOW TRUE IT IS OF YOU	READS	BAND
Never	Not true	0%	Quiet
Rarely	Slightly	25%	Quiet
Sometimes	Moderately	50%	Present
Often	Very	75%	Established
Almost always	Completely	100%	Entrenched

The ten forms of unfinished

They spell UNFINISHED. Three layers run through them: where the pattern started, how it operates now, and what it has taken.

U **Unkept Promises** 01

COST

The alarm you set already knowing you will not rise.

The person making the promise has no credibility with the person who has to keep it. Each one compounds, and the interest is paid in self-doubt.

N **Negotiated Dignity** 02

MECHANISM

The standard you quietly lowered so that missing it would stop hurting.

Retroactive revision of what you wanted, and tolerance of conditions you would tell a friend to refuse. It reads as realism from the inside.

F **Fragmented Identity** 03

MECHANISM

A different self for each room, and none of them entirely yours.

People close to you do not know what your days actually contain, or what they cost. The maintenance is invisible and constant.

I **Inherited Patterns** 04

ORIGIN

The finishing habits you learned from people who never finished either.

You recognise the shape of your own stalling. You have seen it before, in someone else. This is a source rather than a result, which is why the diagnostic reports it as context.

N **Neglected Needs** 05

COST

Sleep, the body, the marriage, deferred as though they agreed to wait.

Rest treated as something to be earned. The leftovers going to the relationships that matter most.

I **Intelligence as Armor** 06

MECHANISM

Understanding the problem so thoroughly that the understanding becomes the substitute for moving.

Research continuing well past the point where more of it could change the decision. Preparing feels like progress even though nothing has shipped.

S **Self-Trust Bankruptcy** 07

COST

Enough broken commitments to yourself that your own word no longer moves you.

Anticipated failure at the moment of commitment. Eventually, no feeling at all when the commitment breaks. That absence is the severe end of this form.

H **Hidden Shame** 08

ORIGIN

The specific thing never said aloud, doing quiet work on every decision you make.

Effort spent so that nobody looks too closely. Achievement that was needed more than it was wanted. This form is reported gently and is never a headline.

E **Exhausting Baggage** 09

MECHANISM

Carrying what you were handed, because putting it down would require a conversation.

Guilt keeping commitments alive after intention has left them. Tiredness that sleep does not fix.

D Deferred Living

10

MECHANISM

Later, as a permanent address.

A precondition that keeps moving. A season described as unusual for longer than a year. Your own work receiving whatever time is left.

LAYER ONE, CONTINUED

The three layers

Every form belongs to one of three, and the diagnostic reads them differently on purpose.

Origin

Where the pattern started. Read as context, never as verdict.

Inherited Patterns · Hidden Shame

Mechanism

How the pattern operates now. This is the part that is actionable.

Negotiated Dignity · Fragmented Identity · Intelligence as Armor · Exhausting Baggage · Deferred Living

Cost

What the pattern has taken. This is what changes first when you finish something.

Unkept Promises · Neglected Needs · Self-Trust Bankruptcy

Origin is read gently and never as a headline. It reports only where you put it, and Hidden Shame is reported last wherever it appears. A source is not a verdict.

Fear disguised as Wisdom

The mask is what the unfinished looks like from the outside, to somebody who cannot see your reasons. This one is carried by Intelligence as Armor. Which of the three below you are given depends on where you said it is loudest.

WORK AND CAREER

The Perfectionist

FEAR DISGUISED AS WISDOM

"I'll start when it's ready."

You have the talent. You have the plan. You have probably rewritten the first page of it three times this month. What you lack is the willingness to be imperfect in public. Every preparation cycle is a quiet negotiation with fear. A plan that stays on your hard drive can never fail. The goal is not readiness. The goal is deniability. Dan Kennedy called this "getting ready to get ready." It is the most expensive hobby a capable person can have. But this pattern is not a lack of courage. It is a signal that your standards are high enough to matter. You just need to let the market see the draft.

THE PATTERN

You delay starting. You refine instead of execute. You are one of the most capable people in the room, yet the least launched.

THE QUESTION TO SIT WITH

What would you start tomorrow if failure wasn't a verdict on your worth?

RELATIONSHIPS

The Managed Heart

FEAR DISGUISED AS WISDOM

"I don't want to get hurt."

You are present enough to feel connected. You are distant enough to never be truly known. You know exactly how to steer a conversation away from yourself while making the other person feel heard. Relationships in your life are managed, not inhabited. You set the terms of intimacy carefully. You call it wisdom, or privacy, or strength. It is fear with good posture. Donald Miller writes that the most dangerous thing a person can do is stop letting people in. You have been doing it for years. This is not a permanent flaw. It is a survival mechanism that has outlived its usefulness. The capacity to protect yourself is the exact same capacity required to connect.

THE PATTERN

You are close to many people and deeply known by almost none. The relationships in your life are well-maintained and emotionally shallow.

THE QUESTION TO SIT WITH

Who knows the version of you that exists when the performance stops?

SELF AND IDENTITY

The Eternal Student

FEAR DISGUISED AS WISDOM

"I'm almost ready."

You have read the books. Attended the seminars. Completed the courses. You have a library of highlighted pages and saved podcasts. You know more about human behaviour, productivity, and personal transformation than most people you know. And you are still not doing the thing. Learning has become a substitute for living. Kennedy called this "the preparation trap." It is the most socially acceptable form of avoidance because it looks like growth. The truth is that you already know enough. You have known enough for a long time. The next book will not give you what action would.

THE PATTERN

You are perpetually in preparation. The transformation keeps being scheduled for next month. You confuse studying yourself with knowing yourself.

THE QUESTION TO SIT WITH

What do you already know that you have been refusing to apply?

Drift disguised as Busyness

The mask is what the unfinished looks like from the outside, to somebody who cannot see your reasons. This one is carried by Deferred Living and Exhausting Baggage. Which of the three below you are given depends on where you said it is loudest.

WORK AND CAREER

The Serial Restarter

DRIFT DISGUISED AS BUSYNESS

"I just need the right idea."

You launch beautifully. You abandon quietly. You have domains registered for businesses you haven't touched in a year. The graveyard of your started things fills slowly. Each one is explained away by a new and better thing. This is not a lack of ideas. It is an allergy to the middle. That unglamorous, unrewarded stretch of work between inspired beginning and earned completion. Kennedy was blunt about this: "The market doesn't pay for starting. It pays for finishing." The middle is where character is built. You keep skipping it. This pattern is proof of your creative velocity. You do not need to learn how to generate ideas. You only need to learn how to endure the boredom of executing them.

THE PATTERN

Your history is full of exciting beginnings and silent endings. You are not lazy. You are addicted to the feeling of starting, which means you never arrive anywhere.

THE QUESTION TO SIT WITH

What is the one thing you have started and not finished that would change everything if you completed it?

RELATIONSHIPS

The Absent Present

DRIFT DISGUISED AS BUSYNESS

"I'm there for them. I'm just busy."

You occupy the space of relationship without inhabiting it. You are in the house but not in the room. You are at the dinner table but your mind is solving a problem at the office. The people who matter most to you receive the remainder. They get the attention that is left after everything else has been attended to. You call this love. They experience it as distance. Miller writes that the people who love us most are the ones who learn to need less of us. And we let them. This is not a lack of care. It is a misallocation of focus. The ability to concentrate intensely is your greatest asset. It just needs to be pointed at the people sitting across from you.

THE PATTERN

Your physical presence is consistent. Your real presence is rationed. The people closest to you have learned to need less of you. You have noticed, and said nothing.

THE QUESTION TO SIT WITH

When did the people you love last feel that you were fully there?

SELF AND IDENTITY

The Moving Target

DRIFT DISGUISED AS BUSYNESS

"I'm fine. I'm just busy."

Busyness is your anesthetic. As long as the schedule is full, the question does not surface. You answer emails at 9 PM because it feels like momentum. The inner work never gets scheduled. Scheduling it would require admitting it exists. You are not running from failure. You are running from stillness. Stillness is where the uncomfortable truth lives. Kennedy's rule: "If you are too busy to think, you are too busy to succeed." This relentless drive is a powerful engine. It is currently pulling you in the wrong direction. When you finally stop moving, you will realise how much ground you can cover when you actually choose the destination.

THE PATTERN

You are highly productive and deeply unexamined. You know how to execute on everything except the one conversation you need to have with yourself.

THE QUESTION TO SIT WITH

What would you discover about yourself if your calendar were empty for one week?

Performance disguised as Arrival

The mask is what the unfinished looks like from the outside, to somebody who cannot see your reasons. This one is carried by Negotiated Dignity and Fragmented Identity. Which of the three below you are given depends on where you said it is loudest.

WORK AND CAREER

The Trophy Collector

PERFORMANCE DISGUISED AS ARRIVAL

"My credentials speak for themselves."

You have built impressive things. The titles are real. The achievements are earned. You have the plaque on the wall and the right answer at networking events. But they are not the thing. They are substitutes for the thing. Every credential is evidence that you are capable of the real work while simultaneously avoiding it. The CV grows louder as the calling grows quieter. And you know it. Kennedy called this "the most dangerous success." It happens when what you have built is impressive enough to justify never building what you actually wanted. The good news is undeniable: you already know how to win. You just need to change the game.

THE PATTERN

You are decorated in the wrong direction. Your external life is full. Your actual work, the work that would matter, remains undone.

THE QUESTION TO SIT WITH

What would you build if no one would ever know you built it?

RELATIONSHIPS

The Provider

PERFORMANCE DISGUISED AS ARRIVAL

"I give them everything they need."

You show love through output. You provide financially, practically, logistically. You solve the problems and pay the bills. The people in your life are taken care of. Yet they are quietly starving for something you are not giving them. Presence. Vulnerability. The version of you that exists when the performance stops. Providing is real. It is also a way of being indispensable without being known. Miller calls this "love as transaction." It leaves both parties empty. Your desire to provide is noble. It is the foundation of a strong family. But the provision is meant to create the space for connection, not replace it.

THE PATTERN

Your generosity is real and your absence is real. The people you love are grateful and lonely at the same time.

THE QUESTION TO SIT WITH

What would your relationships look like if you could no longer provide anything material?

SELF AND IDENTITY

The Decorated Stranger

PERFORMANCE DISGUISED AS ARRIVAL

"I know who I am."

You have a strong external identity. Title, reputation, role. You can describe yourself in a sentence at a dinner party and people nod with respect. What you cannot do is sit quietly with yourself and feel at home. The résumé is finished. The self is not. Cialdini's research shows that people who build strong public identities often lose access to their private ones. The performance becomes the person. The performance is convincing. It is also tiring. You have been performing so long you have forgotten what you were performing for. This is not a crisis. It is an invitation. The discipline it took to build the public self is the exact discipline required to excavate the private one.

THE PATTERN

You are highly defined externally and privately uncertain. Remove the role and the credentials, and you are not entirely sure what remains.

THE QUESTION TO SIT WITH

Who are you when no one is watching and nothing is required of you?

WHAT HAPPENS NEXT

A named pattern can be addressed. An unnamed one just keeps costing.

Naming it is the first half. The second half is a deadline somebody else can see.

Finish 2026. One morning in Nairobi, Saturday 31 October. The work of turning a result into a decision, in a room.

Momentum90. Ninety days, a room that notices whether you showed up, and the receipts read on 30 January.

Both at houseofmastery.co.

The Unfinished Life Diagnostic, instrument ULD-2.0. This guide is generated from the instrument itself, so it cannot describe a version of the diagnostic that no longer exists. © House of Mastery. Dr. Job Mogire.