

The Reverse Profile

Field Card · Weekly Self-Assessment

Read yourself the way a predator would. Once a week, work the five domains. Find the one pattern that makes you readable, and break it before someone else uses it. You don't have to change everything. You have to break one pattern.

01 Gait

Move like a difficult target. Head up, eyes scanning.

- Head up, eyes scanning every few seconds.
- Stride purposeful and steady.
- Shoulders back, chest open.
- No phone in transitional spaces.
- Brief, neutral eye contact.

02 Load

What you carry is what you give up.

- One bag, not two.
- Dominant hand free 80% of the time.
- Shoes you can run in right now.
- Headphones off or transparency mode.
- Keys accessible in under three seconds.

03 Routine

Break one or two patterns and the read collapses.

- Vary route at least twice a week.
- Don't park in the same spot every day.
- Shift gym/walk time \pm 30 minutes, twice a week.
- No real-time location posts.
- Errands not locked to same day/time.

04 Digital

A target package can be built from public posts.

- Home/street view not inferable from posts.
- No real-time location while still there.
- Vehicle plate and parking not visible.
- Routine not reconstructible from a month's content.
- Family/housemates not tagged with location or schedule.

05 Environment

Defaults that preserve options. Set once, run free.

- Sit facing the entrance.
- Scan the lot before leaving the door.
- Keys in hand before reaching the car.
- Lock the car the moment you're in.
- Two exits identified in any room you sit in.

"If I were selecting a target right now, would I pick me?"

THE RULES

Run weekly, same day each week. 10—15 minutes.

Each unchecked item = 1 flag. Lower is better.

0—2 flags: maintain. 3—5: pick one fix. 6+: pick two and rerun mid-week.

One change held for seven days beats five abandoned by Wednesday.

THIS WEEK

Worst section: _____

One pattern I am breaking this week:

How I will know it worked:
