

THE SYSTEM WORKSHEETS

Core Templates: Dopamine Menu & Three-Pile System



Standard productivity advice assumes a neurotypical brain. These templates **do not.**

Use these worksheets to map your specific dopamine triggers, audit your environment, and deploy the Three-Pile System. Stop building systems for the brain you wish you had.

Start designing for the one you actually have.

**BUILT FOR
CHAOS**

Designed for neurodivergent brains.
Authentic Mess Studios, LLC

MY ADHD STORY SO FAR

PURPOSE

Document your personal patterns and experiences before entering the Human AF Method. This becomes your baseline for measuring progress.

INSTRUCTIONS

Write freely. Don't censor yourself or worry about "correctness." This is for you.

01 EARLY PATTERNS

The earliest memory I have of feeling "different" or struggling with something others found easy:

02 RECURRING THEMES

Three patterns I've noticed in my life that I've always explained as personal failings:

1 _____

2 _____

3 _____

03 STRENGTHS INVENTORY

Complete this for three strengths

Strength 1 – Something I can do effortlessly that others find hard:

How has this strength been dismissed or mislabeled?

WORKSHEET 1.1

Strength 2 – Something I can do effortlessly that others find hard:

How has this strength been dismissed or mislabeled?

Strength 3 – Something I can do effortlessly that others find hard:

How has this strength been dismissed or mislabeled?

04 WHAT YOU WANT OTHERS TO KNOW

The thing I most want people to understand about how my brain works:

05 CURRENT CHALLENGES

Right now, the biggest challenge my ADHD creates in my life:

If I could change one thing about how I manage daily life, it would be:

You captured your baseline. Keep it close as you work through the method.

BRAIN WIRING INVENTORY

PURPOSE

Map your specific executive function profile. This is not a diagnostic tool – it's a self-awareness map. Understanding where your brain struggles and where it excels is the foundation for building systems that actually work.

INSTRUCTIONS

Rate honestly. Not how you want to be. How you actually are.

01 EXECUTIVE FUNCTION ASSESSMENT

Rate each domain 1–10. 1 = Significant daily challenge. 10 = Rarely an issue.

DOMAIN 01 WORKING MEMORY

Holding information in mind while actively using it.

Examples: Forgetting what you were doing mid-task, losing your train of thought, needing to re-read constantly.



How this shows up for me:

DOMAIN 02 INHIBITION & IMPULSE CONTROL

Pausing before acting, speaking, or deciding.

Examples: Interrupting others, impulsive purchases, saying things before thinking them through, acting before reading instructions.



How this shows up for me:

WORKSHEET 2.1

DOMAIN 03 COGNITIVE FLEXIBILITY

Switching between tasks or adjusting when plans change.

Examples: Meltdowns when routines break, difficulty transitioning between activities, stuck on one approach even when it's not working.



How this shows up for me:

DOMAIN 04 PLANNING & ORGANIZATION

Breaking tasks into steps and estimating time required.

Examples: Tasks that feel impossible to start because they're too large, chronic underestimating of how long things take, difficulty knowing where to begin.



How this shows up for me:

DOMAIN 05 TIME BLINDNESS

Sensing how much time has passed or remains.

Examples: Losing hours without noticing, consistently late despite trying, inability to feel the difference between 10 minutes and 2 hours, missing deadlines that felt far away.



How this shows up for me:

02 STIMULATION PROFILE

What type of stimulation activates your brain most reliably? Rate each 1–5.

1 = Rarely works for me. 5 = Almost always works.

Urgency & deadlines	1	2	3	4	5
Personal interest	1	2	3	4	5
Novelty & new experiences	1	2	3	4	5
Challenge & complexity	1	2	3	4	5
Social & accountability	1	2	3	4	5

My highest-rated stimulation type and what that means for how I build systems:

03 WHAT ACTIVATES YOUR BRAIN

Check everything that reliably engages you:

- High stimulation or novelty
- Personally interesting or meaningful
- Physical movement involved
- Creative freedom – no fixed method required
- Urgent deadline or real consequence
- Immediate feedback on progress
- Social accountability or someone else present
- Clear, simple structure with obvious next step
- Other: _____

WORKSHEET 2.1

The activation conditions I rely on most:

04 YOUR ADHD PROFILE

Circle your primary presentation:

INATTENTIVE

HYPERACTIVE-IMPULSIVE

COMBINED

Inattentive: Difficulty sustaining focus, easily distracted, forgetful in daily tasks. Hyperactivity and impulsivity are not the primary challenges.

Hyperactive-Impulsive: Restlessness, difficulty sitting still, acts before thinking, talks excessively. Inattention is not the primary challenge.

Combined: Both inattentive and hyperactive-impulsive traits present consistently across settings.

What knowing my presentation type changes about how I should build my systems:

Inventory Complete.

You now have a map. Not a verdict. A map.
Use it to build systems designed for your actual brain.

SYSTEM GRAVEYARD

PURPOSE

Examine every productivity system you've tried and abandoned. Not to feel bad about them, but to extract what they reveal about your actual brain wiring.

INSTRUCTIONS

List every system you remember. Be ruthlessly honest about why each one died. Even your failures contain data.

AUTOPSY #1

SYSTEM _____ LASTED _____

Cause of death - check all that apply

- | | |
|--|---|
| <input type="checkbox"/> Boring once novelty wore off | <input type="checkbox"/> Collapsed after one missed day |
| <input type="checkbox"/> Too rigid for bad brain days | <input type="checkbox"/> Required memory I don't have |
| <input type="checkbox"/> Relied on discipline not interest | <input type="checkbox"/> Physical movement involved |
| <input type="checkbox"/> Too complex to maintain | <input type="checkbox"/> Wrong time of day |
| <input type="checkbox"/> Assumed I could do things I can't | <input type="checkbox"/> No built-in accountability |
| | <input type="checkbox"/> Other: _____ |

What I told myself at the time:

What was actually happening:

AUTOPSY #2

SYSTEM _____ LASTED _____

Cause of death - check all that apply

- | | |
|--|---|
| <input type="checkbox"/> Boring once novelty wore off | <input type="checkbox"/> Collapsed after one missed day |
| <input type="checkbox"/> Too rigid for bad brain days | <input type="checkbox"/> Required memory I don't have |
| <input type="checkbox"/> Relied on discipline not interest | <input type="checkbox"/> Physical movement involved |
| <input type="checkbox"/> Too complex to maintain | <input type="checkbox"/> Wrong time of day |
| <input type="checkbox"/> Assumed I could do things I can't | <input type="checkbox"/> No built-in accountability |
| | <input type="checkbox"/> Other: _____ |

What I told myself at the time:

What was actually happening:

AUTOPSY #3

SYSTEM _____ LASTED _____

Cause of death - check all that apply

- | | |
|--|---|
| <input type="checkbox"/> Boring once novelty wore off | <input type="checkbox"/> Collapsed after one missed day |
| <input type="checkbox"/> Too rigid for bad brain days | <input type="checkbox"/> Required memory I don't have |
| <input type="checkbox"/> Relied on discipline not interest | <input type="checkbox"/> Physical movement involved |
| <input type="checkbox"/> Too complex to maintain | <input type="checkbox"/> Wrong time of day |
| <input type="checkbox"/> Assumed I could do things I can't | <input type="checkbox"/> No built-in accountability |
| | <input type="checkbox"/> Other: _____ |

What I told myself at the time:

What was actually happening:

AUTOPSY #4

SYSTEM _____ LASTED _____

Cause of death - check all that apply

- | | |
|--|---|
| <input type="checkbox"/> Boring once novelty wore off | <input type="checkbox"/> Collapsed after one missed day |
| <input type="checkbox"/> Too rigid for bad brain days | <input type="checkbox"/> Required memory I don't have |
| <input type="checkbox"/> Relied on discipline not interest | <input type="checkbox"/> Physical movement involved |
| <input type="checkbox"/> Too complex to maintain | <input type="checkbox"/> Wrong time of day |
| <input type="checkbox"/> Assumed I could do things I can't | <input type="checkbox"/> No built-in accountability |
| | <input type="checkbox"/> Other: _____ |

What I told myself at the time:

What was actually happening:

THE PATTERN

WHAT THE DATA SHOWS

Most common cause of death across all your systems:

THE PATTERN

WHAT THE DATA SHOWS

What every system assumed you could do consistently:

What none of them accounted for:

THE REVELATION

WHAT YOU NOW KNOW

These systems didn't fail because you're broken. They failed because:

What your brain actually needs from a system that none of these provided:

Graveyard Complete.

These aren't failures. They're evidence.
Now you know what doesn't work – and why.

MY PERMISSION LIST

PURPOSE

Grant yourself explicit permission to operate the way your brain actually works - not the way productivity culture says you should.

INSTRUCTIONS

Complete the System Graveyard (3.1) first. This is the conclusion that evidence earns. Be specific. Vague permissions don't stick.

GRAVEYARD BRIDGE

WHAT THE GRAVEYARD TOLD ME

From my autopsies, the thing I kept blaming myself for was:

What it was actually about:

PART 1

PERMISSIONS I'M GRANTING MYSELF

How I work best (time of day, environment, conditions):

I have permission to:

How I manage tasks (my approach, my system, my pace):

I have permission to:

WORKSHEET 3.2

How I recover and reset (breaks, transitions, downtime):

I have permission to:

How I communicate and ask for what I need:

I have permission to:

One thing I've been doing "wrong" that I'll stop apologizing for:

I have permission to:

PART 2

RELEASING MYSELF FROM

The productivity standard that was never built for my brain:

I am releasing myself from:

The comparison I keep making (to a person or an imagined version of myself):

I have permission to:

The story I keep telling myself about why I can't:

I have permission to:

PART 3

MY OPERATIONAL REALITY

These are not excuses. They are operating parameters. The difference: excuses avoid accountability. Parameters design for it.

My brain genuinely works best when:

My brain genuinely struggles when:

The support structure I am going to stop apologizing for needing:

Permission granted.

Stop designing for the brain you wish you had.
Start building for the one you actually have.

TRIAGE GUIDE

PURPOSE

Sort every item from your Brain Dump into one of three piles. You are not prioritizing – you are categorizing. Speed over precision on the first pass.

INSTRUCTIONS

Take the numbered list from Worksheet 4.1. Write each item into the column where it belongs. One item per line. Work fast. You can move items later.

HOT

Real deadline or real consequence <72 hours.

Or your brain will loop on this until it's done.

- 1 _____
- 2 _____
- 3 _____

WARM

Needs to happen – not immediately

No consequence if it waits a day or two.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

COLD

Someday, maybe, or never

No timeline. No consequence if it waits.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

INCUS KEY TASK ENGAGEMENT TAGS

Tag any task with the type of engagement it requires. Use this to match tasks to your brain state when executing.

I	INTEREST Passion Driven	DO WHEN Hyperfocused or deep in a rabbit hole.
N	NOVELTY Interest Driven	DO WHEN bored, restless, need stimulation to engage at all.
C	CHALLENGE Complexity Driven	DO WHEN sharp, focused, high bandwidth, want to think hard.
U	URGENCY Deadline Driven	DO WHEN Anxious, scattered, need external structure to move.
S	SOCIAL Accountability Driven	DO WHEN isolated, stuck, need another person present to start.

Write I / N / C / U / S next to any task in your piles. You don't have to tag everything. Tag what you keep skipping.

COMMON TRIAGE MISSTEPS WHEN THE PILES LIE

Everything feels Hot when you're anxious.

If your Hot pile has 15+ items, you sorted from panic. Take a breath. Re-pile.

Nothing feels Hot when you're in shutdown.

If your Hot pile is empty, it's usually avoidance. Ask: What have I been dreading? Re-pile.

Urgency is not the same as importance.

Hot = real consequence soon. Not "feels important to me."

Warm tasks become Hot when ignored.

Review your Warm pile every 48-72 hours.

Cold is not failure.

A task in the Cold pile isn't abandoned. It's honest. You can't do everything. Cold is where you tell the truth.

Piles sorted.
Now match tasks to brain states.
Use the Energy-Task Matching card from your Go-Bag.

FIVE-DAY ENERGY SNAPSHOT

PURPOSE

You are not tracking a ton of variables in a color-coded spreadsheet. You are gathering basic intel on when your brain naturally enters its three primary states.

INSTRUCTIONS

For the next 5 days, notice what state you are in during three broad windows. Circle it. Don't judge it.

PM = Productivity Machine
(Peak)

SC = Steady Cruise
(Functional)

BS = Brain Soup
(Depleted)

DAY 01

Morning **PM SC BS**

Afternoon **PM SC BS**

Evening **PM SC BS**

Noteworthy variable (sleep, food, stress):

DAY 02

Morning **PM SC BS**

Afternoon **PM SC BS**

Evening **PM SC BS**

Noteworthy variable (sleep, food, stress):

DAY 03

Morning **PM SC BS**

Afternoon **PM SC BS**

Evening **PM SC BS**

Noteworthy variable (sleep, food, stress):

DAY 04

Morning	PM	SC	BS
Afternoon	PM	SC	BS
Evening	PM	SC	BS

Noteworthy variable (sleep, food, stress):

DAY 05

Morning	PM	SC	BS
Afternoon	PM	SC	BS
Evening	PM	SC	BS

Noteworthy variable (sleep, food, stress):

PATTERN SYNTHESIS

WHAT THE DATA SHOWS

Look at your 5 days. The goal isn't to fix them. The goal is to find the pattern.

When does my Productivity Machine reliably show up?

When do I consistently hit Brain Soup?

What specific variable clearly impacted my state this week?

Data gathered.
Next: Match the task to the state.
See the Energy-Task Matching Guide in your Go-Bag.

ENVIRONMENT AUDIT

PURPOSE

Your energy patterns are half the equation. Your environment is the other half. The same brain in different conditions performs completely differently. Find your Goldilocks zone.

INSTRUCTIONS

Circle the options that reflect your actual reality, not your aspirational self.

THE STIMULATION SPECTRUM

UNDER-STIMULATED

Bored. Flat. Can't Start

OPTIMAL ZONE

Sharp focus. Ideas flow.
You're in the zone.

OVERLOADED

Executive function shuts down. Can't filter. Can't decide.

Circle where you usually land without intervention:



VARIABLE 01

NOISE / SOUND LEVEL

Circle what describes your best focus conditions:

Complete silence

Brown/white noise

Lo-fi music

Specific playlist

Ambient crowd noise

TV in background

What level do you need to actually start a task?

What level sends you into shutdown?

Your best current setup:

WORKSHEET 5.2

VARIABLE 02

SOCIAL PRESENCE

Circle what describes your best focus conditions:

Completely alone

Someone nearby
(silent)

Strangers around (cafe)

Being observed/monitored

Collaborative

What helps you actually initiate?

What makes you perform for the wrong reasons (anxiety, not focus)?

Your best current setup:

VARIABLE 03

MOVEMENT / PHYSICAL SETUP

Circle what describes your best focus conditions:

Seated at desk

Fidget tool available

Pacing while thinking

Standing desk

Movement breaks every _____ min

Do you need to move to think, or does movement break your flow?

How long before staying still starts costing you focus?

Your best current setup:

VARIABLE 04

LOCATION / NOVELTY

Circle how often you need an environment change to stay engaged:

Same spot every day

Different room in house

Coffee shop rotation

Co-working space

Change daily

What location signals your brain that it's time to work?

What location signals your brain to shut down?

Your best current setup:

Audit Complete.

Stop fighting your environment.

Start designing it.

COMMUNICATION SCRIPT BUILDER

Date: _____

PURPOSE

Translate what your ADHD brain is doing into words the people in your life can actually understand. Stop apologizing for your neurochemistry and start communicating your operating parameters.

INSTRUCTIONS

Choose one specific recurring friction point with one specific person. Use this tool to build a script before the next time it happens. Do this while calm, not during a conflict.

01 THE FRICTION POINT

Person this script is for: _____

THE SPECIFIC SITUATION THAT KEEPS CAUSING FRICTION:

WHAT THEY PROBABLY THINK IS HAPPENING (THE ASSUMPTION):

WHAT IS ACTUALLY HAPPENING (THE ADHD REALITY):

02 THE TRANSLATION

Break down the reality into clear, neutral statements.

WHEN I DO THIS (THE BEHAVIOR):

IT'S NOT BECAUSE (ADDRESS THE ASSUMPTION):

IT'S ACTUALLY BECAUSE (STATE THE OPERATING PARAMETER):

03 THE REQUEST

What I actually need from you in that moment is: (circle what applies)

Space to reset

Body doubling

A hard deadline

Patience, not pressure

An external prompt

To not take it personally

Other _____

04 THE FINAL SCRIPT

Put it all together into something you would actually say or text them.



Scripts don't work in your head

Deliver it.

SUPPORT NETWORK MAP

PURPOSE

When you hit a wall, executive function is too compromised to figure out who to call or what to ask for. This tool pre-loads your support system so you can deploy it without thinking.

INSTRUCTIONS

Map your network functionally, not historically. Put people where they actually are, not where you wish they were. The network is functional, not nostalgic.

TIER 01 THE NO-MASKING ZONE

People who see the mess and do not judge. Safe for immediate crisis contact. No masking required.

PERSON A

NAME _____ BEST CONTACT METHOD _____

WHAT THEY ALREADY UNDERSTAND ABOUT MY BRAIN:

THE EXACT SOS TEXT/SCRIPT I CAN SEND THEM WHEN PARALYZED:

WORKSHEET 6.2

PERSON B

NAME _____ BEST CONTACT METHOD _____

WHAT THEY ALREADY UNDERSTAND ABOUT MY BRAIN:

THE EXACT SOS TEXT/SCRIPT I CAN SEND THEM WHEN PARALYZED:

TIER 02 THE OPERATIONAL NETWORK

Friends, peers, or colleagues who provide structural support, body doubling, or specific advice. Basic level of professional or social masking still required.

NAME _____ SPECIFIC AREA THEY CAN HELP WITH _____

TIER 03 **THE DELEGATION TIER**

Paid professionals (therapist, coach, CPA) and low-friction services (grocery delivery, laundry, automations) that buy back your cognitive bandwidth.

RESOURCE / SERVICE	WHAT THIS TAKES OFF MY PLATE

e.g. therapist, ADHD coach, CPA, accountant, grocery delivery, laundry service, calendar automation, meal prep service

THE TRIGGER PLAN

Paid professionals (therapist, coach, CPA) and low-friction services (grocery delivery, laundry, automations) that buy back your cognitive bandwidth.

WHEN I NOTICE I AM PARALYZED, MY FIRST MOVE IS TO:

WHEN I NOTICE I AM OVERCOMMITTED, MY FIRST MOVE IS TO:

WHEN I NOTICE I AM ISOLATING, MY FIRST MOVE IS TO:

Network defined.
Use it before you need it.

WORKPLACE COMPATIBILITY ASSESSMENT

PURPOSE

Stop asking "What's wrong with me?" and start asking "Is this environment built for someone with my wiring?" This is a diagnostic tool to evaluate your current job's compatibility with your brain.

INSTRUCTIONS

Rate your current reality, not the company's stated values or what you wish it were.

1 = Strongly Disagree. 5 = Strongly Agree.

DOMAIN 01 THE ENVIRONMENT

1. I can control my exposure to sensory distractions (noise, movement, lighting) when I need to focus.	1	2	3	4	5
2. I am not expected to be "always on" or immediately responsive to messages across multiple channels.	1	2	3	4	5
3. The physical or digital workspace allows me to organize my tasks visually without penalty.	1	2	3	4	5
4. I can take movement breaks or step away without feeling actively monitored or judged.	1	2	3	4	5

DOMAIN 01 SCORE (add your numbers)

/20

THE BIGGEST ENVIRONMENTAL FRICTION POINT RIGHT NOW:

DOMAIN 02 AUTONOMY & MANAGEMENT

- | | | | | | |
|--|---|---|---|---|---|
| 1. I am managed based on my output and results, not the specific hours I sit at my desk. | 1 | 2 | 3 | 4 | 5 |
| 2. I have the freedom to execute tasks in the order and method that makes sense to my brain. | 1 | 2 | 3 | 4 | 5 |
| 3. Deadlines are real and clear, not arbitrary or constantly shifting without warning. | 1 | 2 | 3 | 4 | 5 |
| 4. My manager acts as a roadblock-remover rather than a micromanager of my process. | 1 | 2 | 3 | 4 | 5 |

DOMAIN 02 SCORE (add your numbers)

/20

THE BIGGEST MANAGEMENT FRICTION POINT RIGHT NOW:

DOMAIN 03 THE WORK ITSELF

- | | | | | | |
|--|---|---|---|---|---|
| 1. A significant portion of my week requires problem-solving or creativity, not just repetitive admin. | 1 | 2 | 3 | 4 | 5 |
| 2. I understand exactly how my daily tasks connect to the larger goals of the company. | 1 | 2 | 3 | 4 | 5 |
| 3. The pace of the work provides enough urgency to keep me engaged without causing constant burnout. | 1 | 2 | 3 | 4 | 5 |
| 4. I am able to utilize my hyperfocus on projects that actually matter to my role. | 1 | 2 | 3 | 4 | 5 |

DOMAIN 03 SCORE (add your numbers)

/20

THE BIGGEST TASK-LEVEL FRICTION POINT RIGHT NOW:

WORKPLACE COMPATIBILITY ASSESSMENT

SCORING SYNTHESIS

Transfer your scores here:

Environment: Autonomy: The Work:

TOTAL SCORE: /60

THE ZONES

48–60: **The Green Zone**

Highly compatible. You don't need to mask to survive here. Focus on optimizing and protecting your boundaries.

32–47: **The Yellow Zone**

Friction is present. You are likely spending heavy cognitive load just managing the environment. Accommodations and conversations are required to make this sustainable.

12–31: **The Red Zone**

Incompatible. This environment is actively working against your neurochemistry. You are burning out. Formulate an exit strategy while managing daily survival.

THE REALITY CHECK

Which zone are you actually in?

Is this a gap you can bridge with accommodations, or is the foundation itself incompatible?

Data gathered.

If you are in the Yellow Zone, go to Worksheet 7.2.

ACCOMMODATION REQUEST PLANNER

PURPOSE

Frame what your brain needs not as a personal favor, but as a business case for optimal performance. You are not asking for a break; you are negotiating the conditions required for you to deliver maximum value.

INSTRUCTIONS

Pick the one that is costing you the most cognitive energy. Fill this out before approaching your manager or HR.

SECTION 01 THE OPERATIONAL BOTTLENECK

The specific environmental or structural issue (from 7.1):

How it is currently impacting my output or efficiency (keep it objective, clinical, and devoid of guilt):

SECTION 02 THE PROPOSED ADJUSTMENT

What I am actually asking to change (be precise - not "less noise," but "two days of remote work" or "noise-canceling headphones approved for desk use"):

What I am NOT asking for (clarify boundaries immediately so management doesn't panic about setting precedents):

SECTION 03 THE BUSINESS CASE (ROI)

Managers approve things that solve their problems. How does this adjustment directly benefit the company, the team's output, or the bottom line?

SECTION 04 THE PITCH

Draft the actual conversation or email. Keep it brief and focused on the work. "I want to make sure I'm operating at my highest capacity for this role. I've noticed that [insert bottleneck] is slowing me down. If we can adjust [insert proposal], I will be able to [insert ROI]." My version of this script:

**Do not apologize for needing tools that work.
Treat this exactly like a supply request.**

SWITCH TRACKING LOG

PURPOSE

Crises do not happen out of nowhere. The switches flip one by one. You need to map how your brain escalates so you can catch the first switch, not just the third.

INSTRUCTIONS

Track your state daily for the next 14 days. At the end of each day, check which switches were active. Do not judge the data. Just record it.

THE SWITCHES (QUICK REFERENCE)

DEFCON 3: 1 switch flipped. Struggling, functional. Support Mode

DEFCON 2: 2 switches flipped. Crisis. Activate protocol

DEFCON 1: 3 switches flipped. Acute crisis. Call for help now

WEEK 01 LOG

ACTIVE SWITCHES

TRIGGER OR NOTE

Day 01 None 1 2 3

Day 02 None 1 2 3

Day 03 None 1 2 3

Day 04 None 1 2 3

Day 05 None 1 2 3

Day 06 None 1 2 3

Day 07 None 1 2 3

WEEK 02 LOG

ACTIVE SWITCHES

TRIGGER OR NOTE

Day 01 None 1 2 3

Day 02 None 1 2 3

Day 03 None 1 2 3

Day 04 None 1 2 3

Day 05 None 1 2 3

Day 06 None 1 2 3

Day 07 None 1 2 3

ESCALATION PATTERN

Look at your 14 days. When things started going downhill, which switch reliably flipped first?

What was happening right before that first switch flipped? (Think: sleep debt, conflict, overwhelm, transitions)

What is one low-effort action you can take the moment you notice Switch 1 flipping next time?

Data gathered. Pattern identified.

Take these insights to your Go-Bag's Crisis Protocol Card.

SYSTEM EVOLUTION AUDIT

PURPOSE

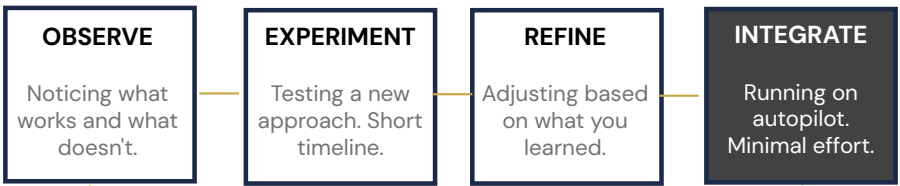
Assess where your current system stands, identify what's working vs. what's expired, and define what the next iteration looks like.

INSTRUCTIONS

Use this after finishing the book. Then return to it every 60–90 days. A system that needs updating is evolving. That's the whole point.

PART 01 WHERE ARE YOU IN THE CYCLE?

Circle your current stage:



(BACK TO OBSERVE IS NOT FAILURE. IT MEANS THE SYSTEM IS WORKING.)

Why I placed myself here:

PART 02 SYSTEM HEALTH CHECK

WHAT'S ACTUALLY WORKING RIGHT NOW (BE SPECIFIC - NOT "SORT OF"):

WHAT I'M STILL DOING BUT IT STOPPED WORKING:

WHAT I KNOW I NEED BUT KEEP AVOIDING BUILDING:

PART 03 THE NEXT ITERATION

Based on this audit, what is the single most important adjustment you need to make to your system right now?

WORKSHEET 9.1

What is the smallest possible next action to test that adjustment?

System updated.

Return to the Observe phase.