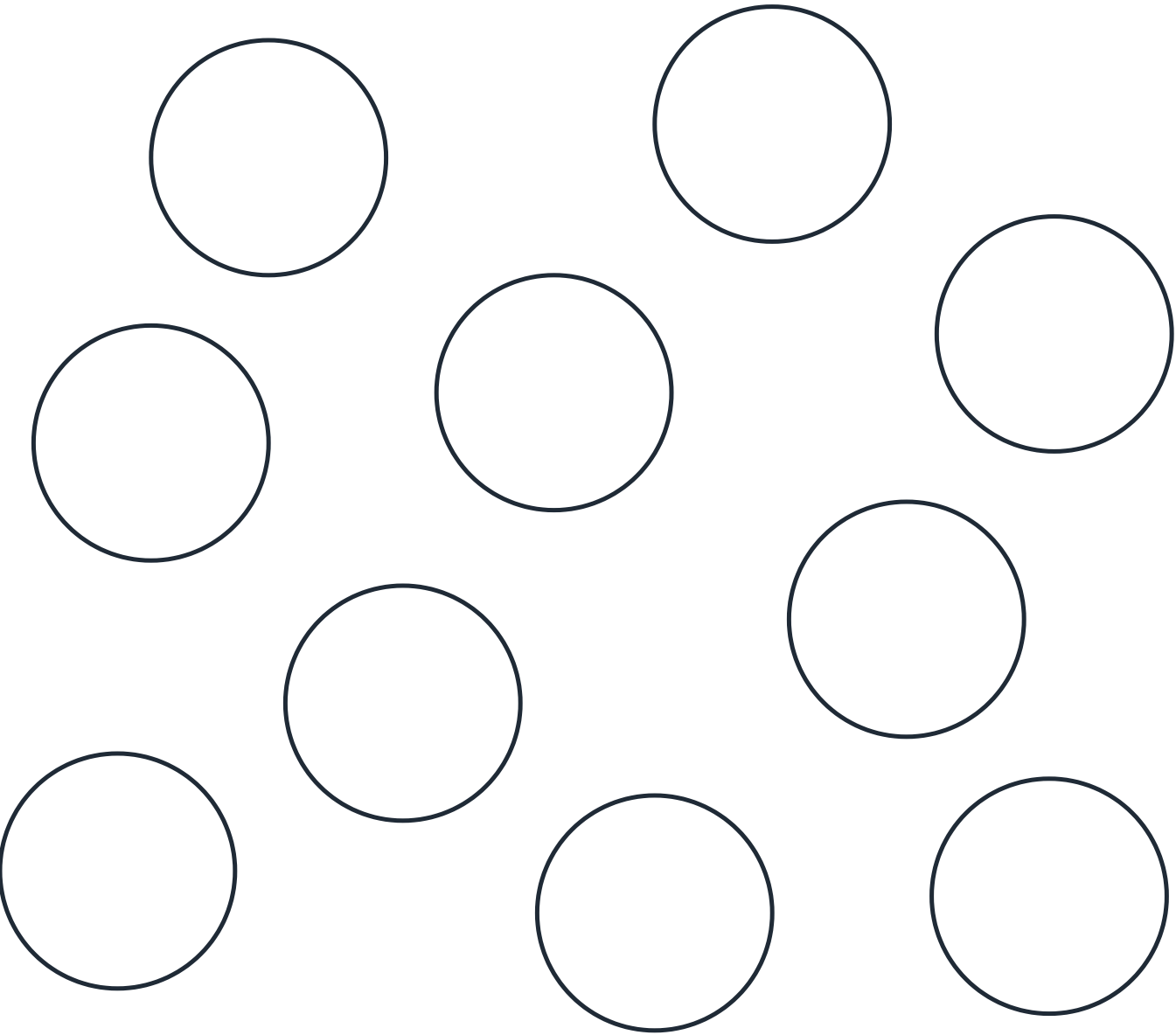


MY PRESSURE MAP

- 1 • Dump and circle.** *Three questions fill it: What's been hardest lately? What else is weighing on you? What do you just put up with?*
A few words per circle, on what's happening, not who. Work after hours, poor sleep, the morning scramble. The circles are a start; add your own.
- 2 • Draw arrows the way pressure flows.** *From what creates it to what feels it. Both ways if they feed each other; that's a loop. Messy is fine.*
- 3 • Find what pushes hardest.** *Count the arrows leaving each circle. It is often not the thing that felt loudest.*



The one with the most arrows, if I can influence it: _____

The next one I can influence: _____

Make one move there. Don't solve it yet: if this changed, what might become easier downstream? Treat the map as a hypothesis to test.

