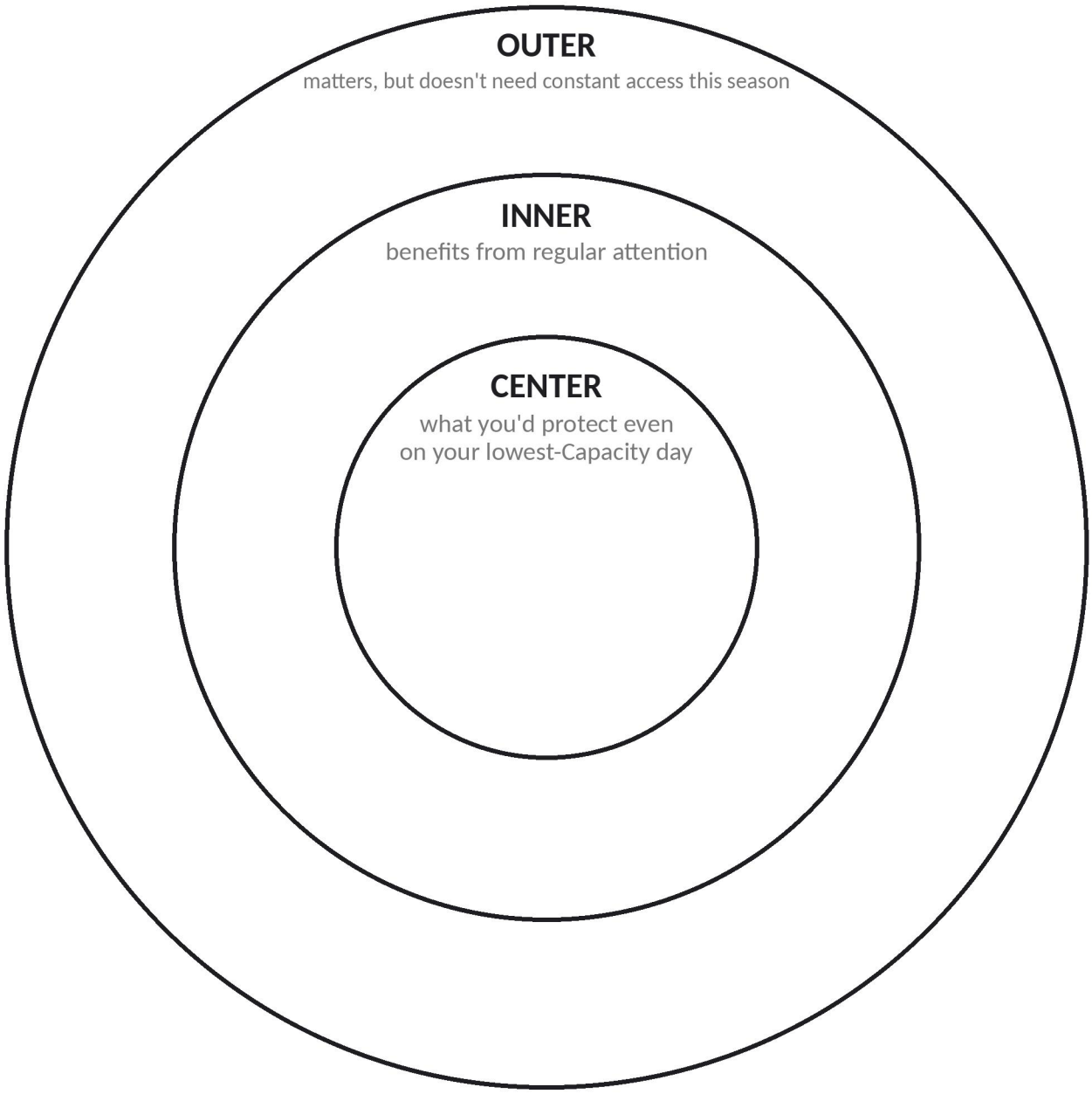
MY ACCESS MAP

Choose five to seven categories: people, commitments, practices, information streams.
Dot it there, X where it belongs, a dashed line between. Some move inward, some outward. Both count.

The center: what you'd protect on your lowest-Capacity day. It seeds your Reduced-Capacity Plan.



like this: ● now — — — — — — ✕ where it belongs

Moves look like: do-not-disturb hours · alerts off for the outer ring · email at set times · one person who can always reach you.

RIGHT-SIZING MOVE *one is enough* _____ **when:** _____

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