

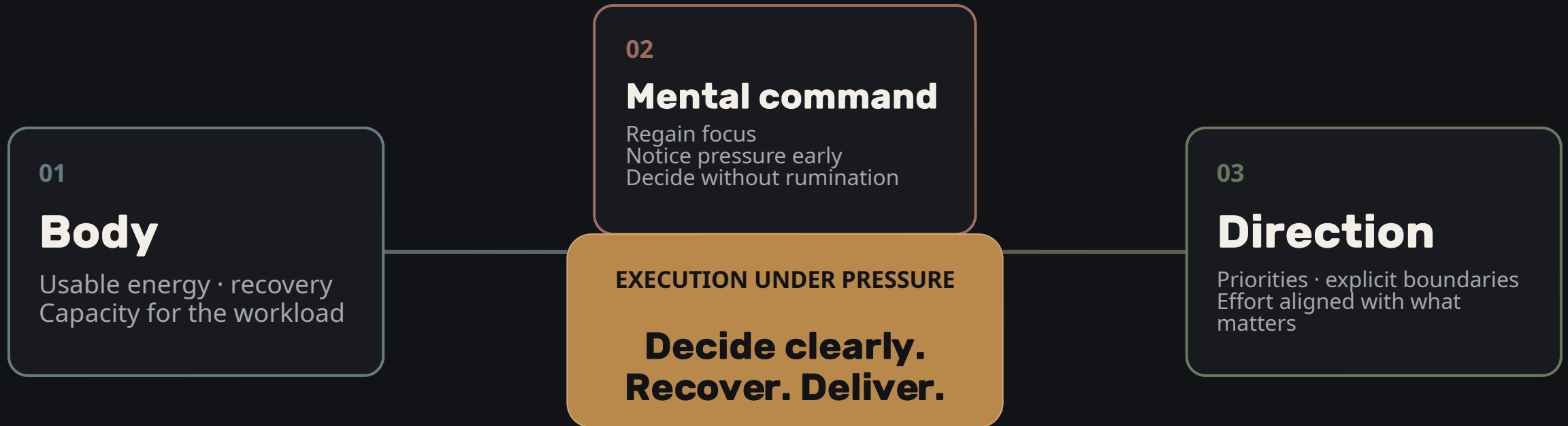
iFORGE / WORKING MAP 0.1

Pressure Readiness Map

Body. Mental command. Direction.
One system under load.

Three domains shape what holds under pressure

The lowest current domain may constrain the complete system — but it remains a hypothesis to test.



READ THE MAP

A weak score is a reflection signal. Confirm it against behaviour and context before changing the programme.

Use the score as a signal, not a verdict

Each domain is the mean of three 1–5 self-ratings. The overall score is the mean of the three domains.

1.0–2.49

Capacity leak

Stabilise the likely constraint before adding load.

2.5–3.69

Inconsistent reserve

Choose one lever and test it under normal pressure.

3.7–5.0

Workable reserve

Protect the reserve and test whether it holds at the peak.

ONE SAFE DECISION LOOP

01 Measure → 02 Find lowest domain → 03 Define one change → 04 Retest under load

Run one bounded experiment this week

Choose the likely constraint. Change one behaviour. Define what you expect to observe.

01

If Body is lowest

Protect one recovery window before the next demanding day.

Evidence: you begin with usable energy and hold quality later in the day.

02

If Mental command is lowest

Use a two-minute attention reset before one critical decision.

Evidence: you regain focus and reduce avoidable rework or rumination.

03

If Direction is lowest

Name one priority and one explicit not-do before the week fills.

Evidence: the trade-off is made before urgency makes it for you.

Map your current pattern in three minutes

iforge.me/pressure-readiness-check ↗