

Discernment Card

Check state:

Steady • Overdrive • Shut down

Choose:

Persist (shrink 80%) • Pause (downshift) •
Pivot (new path)

Do one tiny thing:

Scope shrink • One tile • Stop point • Name &
normalize • Swap metric • If then • 90 sec
breath • Orient • Tiny ritual

Time box: 10 minutes

Close kindly: What moved?

Small is sustainable. One card, one choice, one tiny step