

The Triage

10 minutes before we meet.
Find the one problem worth bringing to the session.

STEP 1 Empty the forest 3 min

Write every problem, friction or stuck thing currently on your mind.
One per line. Don't filter. Don't prioritise yet. Just get them out.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

STEP 2 Score each one 5 min

For each problem above — score it on these two dimensions:

STRUCTURAL LEVERAGE
If this shifted — how much would everything else improve?
1 — 2 — 3 — 4 — 5
Small ripple Changes everything

CURRENT COST
How much is this costing you right now?
1 — 2 — 3 — 4 — 5
Background noise Bleeding daily

STEP 3 Find the one 2 min

Add both scores for each problem. The highest combined score is your triage pick.
Bring that one to the session. That's where we start.