

The Capacity Check™

Five minutes to find your first binding constraint.

Senior professionals under sustained load · Reflective tool, not a clinical assessment

Capacity is sequential. The body must be steady before thinking organises; thinking must organise before action becomes deliberate. Read each phase honestly and mark the band that fits this month — not your best month. Your lowest band is your binding constraint: the ceiling on everything above it.

— CENTRE

Is the system steady?

Sleep, recovery, and regulation under pressure. Not whether you cope — whether the body settles when you ask it to.

☐ Strength ☐ Variable ☐ Loaded

What the body is doing at the end of a hard week:

— CLARIFY

Is the thinking organised?

Focus, working memory, decision quality. Under load attention narrows and thinking simplifies — how far has yours?

☐ Strength ☐ Variable ☐ Loaded

Where thinking narrows first — the task you now avoid:

— CHOOSE

Is ownership intact?

Deliberate, values-aligned action. When pressure rises, does choice remain — or does reaction take the wheel?

☐ Strength ☐ Variable ☐ Loaded

Where reaction has replaced choice:

Your lowest band is not a verdict.

It is where the work starts.

MY BINDING CONSTRAINT

WHAT IT IS COSTING ME RIGHT NOW

THE ONE MOVE I WILL MAKE THIS WEEK

RE-CHECK ON

— WHEN TO USE THIS

- When you do not know where to start
- Entering a demanding season or role
- When effort is high but output is slipping
- Every few weeks, as a recalibration

NEXT STEP

Work the lowest band first.

The bands above recover with it.

— THE SCIENCE

Performance capacity is built bottom-up: regulation precedes cognition, and cognition precedes deliberate action (Perry; Arnsten). Under sustained threat, working memory narrows from roughly seven items to two or three — so the constraint, not the talent, sets the ceiling.

— SCOPE

This is a reflective performance tool, not a clinical assessment or diagnosis. If what you are carrying is beyond load — persistent low mood, distress, or thoughts of harm — speak with your GP or a registered practitioner.