Worksheet C.1: Your Curve Map

Companion to Elastic Intelligence, *Conclusion*

Name: _____ Date: _____

How to use: Use this with Sections C.3, C.8, and C.11. On Day 1 of a ninety-day plan, list five tasks you do often. Name your zone on each (1 Dependent, 2 Competent, 3 Amplified, 4 Generative) and its Elasticity Matrix quadrant. Repeat on Day 90.

Task I do often	Zone today (1–4)	Matrix quadrant	Target zone in 90 days	First step on the migration path

The task I will move first is _____, because _____.

Day 90 check	My answer
Which task moved, and how far?	
Did I use the return loop? When?	
Which quadrant changed on my matrix map?	
What is my next task and target zone?	

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