

The Scale of ING

A simple way to name your current capacity, understand what it may be asking for, and choose the next supportive move.

This is not a ladder or a label. You may be thriving in one part of life and surviving in another. The goal is not to force yourself upward. It is to notice without judgment, then respond with intention.

1

DIVING

I am going under.

Overwhelmed, destabilized, or in active distress. Even ordinary demands may feel impossible.

WHAT MAY HELP

Reduce the load. Find safety, support, and the next smallest stabilizing action.

2

SURVIVING

I am getting through.

Functioning, but with little margin. Energy is going toward what is urgent or absolutely necessary.

WHAT MAY HELP

Protect essentials. Restore a little capacity before asking for more output.

3

STRIVING

I am reaching for more.

Engaged, growing, and putting in effort. Progress is present, but so are pressure and friction.

WHAT MAY HELP

Check the cost. Align effort with what matters and make the conditions more sustainable.

4

THRIVING

I have room to live.

Resourced enough to feel connected, capable, purposeful, and able to recover when life shifts.

WHAT MAY HELP

Use the margin wisely. Enjoy it, share it, and protect the conditions that support it.

REMEMBER

Your current ING is information, not identity. Capacity already exists. Conditions determine how consistently you can access it.

Where Are You ING?

Use the prompts below for one area of life: work, health, relationships, caregiving, leadership, or simply today.

NAME THE AREA

NOTICE

Which description sounds most like your current experience?



DIVING

Going under



SURVIVING

Getting through



STRIVING

Reaching for more



THRIVING

Room to live

WHAT IS TAKING THE MOST CAPACITY RIGHT NOW?

WHAT CONDITIONS ARE MAKING THIS HARDER?

WHAT IS ALREADY HELPING - EVEN A LITTLE?

WHAT WOULD CREATE 5 PERCENT MORE ROOM?

CHOOSE ONE SUPPORTIVE MOVE

Not the biggest move. Not the most impressive move. The move that best matches the capacity and conditions you have today.
