

Statecrafting Instrument Panel

A Simple Way to Notice How Your State Changes

Your state is not fixed. You may approach a difficult problem very differently than you approach a relaxing day or something you know how to do extremely well.

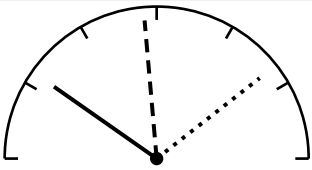
This exercise is not a test, and there are no ideal positions on the gauges. **Different situations call for different states.** The purpose is simply to make those differences easier to see.

How to Use the Panel

Choose three different colors. You can keep what each color represents completely private. Draw a simple line from the center of each gauge toward the position that best represents you in each situation.

THE ISSUE	AT EASE	AT YOUR BEST
Something genuinely weighing on you right now.	Completely at ease, with nothing pressing and nothing that needs fixing.	Prepared, engaged, capable, and doing something you do extremely well.

Don't overthink it. There is no correct position. Simply notice where you would put each line.

 Example: three states marked on one gauge	MARKING A GAUGE Each line begins at the center and points toward your position on the gauge. No colored pencils? Use three different line styles - for example, solid, dashed, and dotted - so the three states remain easy to distinguish.
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When you're finished, look at the complete panel and ask: **What do I notice?**

The Nine Gauges

APERTURE - Narrow / Wide How much of the larger situation seems available to your awareness right now?	ATTENTION - Open / Fixed Is your attention taking in the larger field, or concentrated tightly on one thing?	TEMPO - Urgent / Spacious Does the situation feel immediate, or is there room and time to respond?
CERTAINTY - Comfortable Not Knowing / Need to Know How comfortable are you allowing uncertainty to remain without needing an immediate answer?	POSSIBILITY - Many / Few How many different possibilities or ways forward seem available right now?	AGENCY - Need to Control / Able to Participate Do you feel responsible for controlling the outcome, or able to work with the situation as it unfolds?
ACTION - Intentional / Reactive Does action feel consciously chosen and directed, or driven by an immediate reaction?	CHOICE - Free to Choose / Need to Decide Do you feel free to consider alternatives and choose, or pressure to close the question?	PERSPECTIVE - Unclear / Clear How clearly do you feel you can see and understand the situation from where you are right now?

What This Is Showing You

The objective is **not to get all the gauges to one side**. Narrow attention, urgency, control, and quick decisions can all be appropriate in the right circumstances.

What matters is beginning to distinguish **the state you are in from the situation you are facing**. The situation may remain exactly the same while the person looking at it changes considerably.

Once you can see that distinction, you have something you didn't have before:

another degree of freedom.