

The Workplace Spiral - Visual Map

TRIGGER --> AMPLIFY --> LOOP --> ACTION

| | | |
v v v v

'Name it' 'Body reset' 'Move' '24h pause'

<-- cheapest exits -->

<-- most expensive exits -->

Insight: The spiral is not linear time - it's intensity.

You can be in Stage 4 within 10 seconds of a trigger.

That's why the exits are physical, not cognitive.