

WB 2.16c — Baseline Barriers Check

Use with Chapter 16 (Daily Maintenance Habits) in the manual, Chapter 12 in *Shoulder the Bill*. Photocopy for repeated use.

Purpose A baseline you cannot reach is not the same as a baseline you have not prioritised. This page sorts the two, so your effort goes where effort can actually move something — and so a blocked condition stops reading as a personal failure.

How to use this page

When: Use alongside WB 2.16b, once you have rated your baselines. Be honest rather than harsh; this is a diagnostic, not a report card.

Done when: You have named what is blocking each depleted baseline, chosen the reachable version, and identified one thing outside yourself that would help.

Worked example

Baseline: sleep. Blocked by: rotating shifts — circumstance, not choice.

Reachable version: same wake time on my four days off, dark room, phone in the kitchen.

What would change the rest: a fixed schedule. I can ask. That is a conversation, not a coping exercise.

Anchor Phrase: 'Work the pattern. Name the condition.'

Protocol: 1. Name the block. 2. Choice, circumstance, or both? 3. Take the reachable version. 4. Name what would move the rest.

Loop stage: Notice → Name → Narrow

My most depleted baseline right now:

What is actually blocking it — be specific:

Is this choice, circumstance, or both? Most are both — name the proportion honestly. ☐ Mostly choice ☐ Mostly circumstance ☐ Genuinely both

The reachable version I will take instead of the full-strength one:

What would move the part I cannot move alone — a person, a service, a conversation, a change in circumstance:
