

WB 2.7 — Wave Mapping

Use with Chapter 7 (The Wave) in the manual, Chapter 5 in *Shoulder the Bill*. Photocopy for repeated use.

Purpose This worksheet maps how one choice ripples across time — the next hour, month, and year — so a small deliberate change today is easier to see as tomorrow’s current. It also surfaces your “vital few”: the small choices driving most of the wave.

How to use this page

When: Complete reflectively during a calm state. Compare your current default against one deliberate alternative.

Done when: You have traced one choice across three time horizons and named the smallest better version you will repeat.

Worked example

Choice: whether I prep tomorrow’s work the night before.

Default: wing it — anxious mornings. Deliberate: 5-minute list — calm start.

Smallest version I’ll repeat: write down just the first task before bed.

Anchor Phrase: *‘One choice becomes a wave.’*

Protocol: 1. Name the choice. 2. Next hour. 3. Next month. 4. Next year. 5. Who it makes me.

Loop stage: Narrow → Act

The choice I am considering:

Current default — its ripple across the next hour, month, and year:

Deliberate alternative — its ripple across the next hour, month, and year:

The smallest version of the better choice I would actually do consistently:

My vital few — the small daily choices driving most of my wave:

☐ Self-Reward Loop completed