

WB 8.7 — Blank Wave Mapping

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

Reproducible template — photocopy this page and reuse as often as you need.

Purpose One more choice, traced across the same three horizons. The Wave is a habit, not a page you fill in once.

How to use this page

When: Use reflectively, while calm, on a choice you are actually facing this week.

Done when: You have traced one choice across the next hour, month and year, and named the smaller version you will repeat this week.

Anchor Phrase: *'One choice becomes a wave.'*

Loop stage: Narrow → Act

The choice I am considering:

Its ripple across the next hour, month, and year:

The smallest better version I would repeat:

The one ripple I will repeat this week:

☐ Self-Reward Loop completed