

Foundation map

Every rebuild stands on something that survived. Place your skills, relationships, habits, and resources in the rings below. Be honest about the cracked ones — that's the useful part.

STILL SOLID

Load-bearing. You'd bet the next quarter on it.

CRACKED

Still standing, but it needs attention before you build on it.

GONE

Name it plainly. You are not getting this one back in its old form.

WHAT THIS TELLS ME TO BUILD ON FIRST