PRESSURE / CAPACITY 01

Check the yes.



You agreed before checking your week. Now you are trying to make room that does not exist.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 02

Name the real load.



Someone says, "It is only one more thing." Your day was already full.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 03

Shrink the doorway.



You keep thinking about the assignment. Starting still feels like the whole assignment.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

PRESSURE / CAPACITY 04

Ask for the setup.



You lose the instructions while trying to remember them. Trying harder has not fixed the setup.

PROGRESS IS PROGRESS LLC
AGES 13-18 / TRY, ADAPT, OR PASS

YOUR NEXT MOVE 02

Name the real load.

1. List three things the request would compete with.
2. Pick one demand that needs sharing, moving, or reducing.
3. Ask: "Which task should change if this gets added?"

CHECK IT

What is missing from their picture?

YOUR NEXT MOVE 01

Check the yes.

1. Name what is already committed. Include travel, food, and rest.
2. Choose what you can actually offer, including nothing this time.
3. Rehearse: "I checked. I am not available for that."

CHECK IT

What needs checking before your next yes?

YOUR NEXT MOVE 04

Ask for the setup.

1. Describe the barrier without giving your whole history.
2. Ask for written steps, a quieter spot, or another useful adjustment.
3. Try: "Could I have ___ so I can ___?"

CHECK IT

What would make the task more accessible?

YOUR NEXT MOVE 03

Shrink the doorway.

1. Name the first visible action: open instructions, find materials, ask a question.
2. Try that action without promising to finish everything.
3. Notice what still blocks you. Ask for a practical adjustment.

CHECK IT

Was the first step actually small?