

PART I • THE OPERATING LOGIC

02

The 70/30 Equilibrium

How I balance — the ratio governing every domain.

DOMAIN	Optimal Regulation	EVIDENCE	Tier 3 (Design Heuristic)
RE-ASSESS	Quarterly	SIX-MONTH PATH	Month 4

IN THIS BOOKLET

- 1 Understand** The premise and the model, in the source's own words
- 2 Assess** Score it; totals and levels fill in automatically
- 3 Act** Check the drift signs, then select your interventions
- 4 Verify** Confirm it worked, and when to re-assess

WORKS WITH

01 SPSDM Execution Sequence

03 1-3-7 Sequence

I

II

III

IV

V

VI

UNDERSTAND

Core premise

Every system requires a specific ratio of structural order to generative friction. Systems pushed toward 100 percent predictability become brittle and break at the first disruption. Systems pushed toward 100 percent spontaneity dissolve and cannot scale. The 70/30 ratio is the equilibrium point. Never maximize either side.

THE THREE MECHANISMS

Mechanism 1: The 70 Percent. Seventy percent of any system is governed by structural order — documented protocols, defined metrics, fixed schedules, non-negotiable commitments. If more than 70 percent rigidity is required to function, the architecture is flawed.

Mechanism 2: The 30 Percent. Thirty percent is deliberately unregulated — open time, experimental space, the freedom to fail without consequence. If less than 30 percent is unregulated, the system calcifies. If more, it dissolves.

Mechanism 3: The Tension. The 70 and the 30 exist simultaneously. Order holds the Friction. Friction keeps the Order alive. When disruption occurs, the structure absorbs without breaking.

EVIDENCE · TIER 3 (DESIGN HEURISTIC)

A Tier 3 design heuristic: judged by whether it works in your life. The studies below are related reading, not proof of the framework.

RELATED RESEARCH

2. March, J. G. "Exploration and exploitation in organizational learning." *Organization Science* 2(1), 71–87, 1991.

BEFORE YOU SCORE · WHERE DOES THIS SHOW UP IN YOUR LIFE RIGHT NOW?

ASSESS

Interactive audit

Tap one number for each line: 1 = not true today, 5 = fully true. Totals and levels fill in automatically in Adobe Acrobat Reader, Chrome and Edge; in other apps, add the numbers yourself.

DATE _____

Q1	My systems are documented and repeatable.	(1)	(2)	(3)	(4)	(5)
Q2	New ideas are implemented within 30 days.	(1)	(2)	(3)	(4)	(5)
Q3	I can predict next month's output within 15 percent.	(1)	(2)	(3)	(4)	(5)
Q4	When disruption occurs, my system adapts without breaking.	(1)	(2)	(3)	(4)	(5)
Q5	Creative exploration is protected in my schedule.	(1)	(2)	(3)	(4)	(5)
Q6	Play has not become productive.	(1)	(2)	(3)	(4)	(5)
Q7	I return from unstructured time with new insights.	(1)	(2)	(3)	(4)	(5)
Q8	A single disruption does not derail my week.	(1)	(2)	(3)	(4)	(5)
Q9	My best ideas arrive during unstructured moments.	(1)	(2)	(3)	(4)	(5)
Q10	I feel both stable and alive.	(1)	(2)	(3)	(4)	(5)

TOTAL

/ 50

YOUR LEVEL

10-20

The Flood · Chaotic, under-designed.

21-30

Below Equilibrium · Forming.

31-40

Equilibrium Zone · Functioning.

41-50

The Tomb · Brittle, over-designed.

ACT

Detect and intervene

DRIFT DETECTOR · CHECK ALL PRESENT IN LAST 30 DAYS / 10

- | | |
|--|---|
| ☐ Anxiety replacing stability | ☐ Play eliminated |
| ☐ Protocols feel like a cage | ☐ Schedule is 100 percent productive |
| ☐ Unstructured time spent passively scrolling | ☐ No creative insights in 30 days |
| ☐ A single disruption derails my week | ☐ Guilt prevents genuine rest |
| ☐ Innovation has ceased | ☐ Team reporting compliance rather than creativity |

Rule: 3+ = recalibration required. 5+ = severe.

INTERVENTION SELECTOR · TICK WHAT YOU WILL DO

If over-structured:

- | | |
|---|-------------------------------|
| ☐ Delete 2 protocols that are maintained but not used. | DONE ☐ |
| ☐ Force 30 percent unstructured time this week. | DONE ☐ |
| ☐ Schedule one activity with zero productive outcome. | DONE ☐ |
| ☐ Cancel one recurring meeting. | DONE ☐ |

If under-structured:

- | | |
|--|-------------------------------|
| ☐ Add 2 non-negotiable boundaries. | DONE ☐ |
| ☐ Block 70 percent of calendar for deep work. | DONE ☐ |
| ☐ Document the most repeated workflow. | DONE ☐ |
| ☐ Establish one weekly review cadence. | DONE ☐ |

If guilt present:

- | | |
|--|-------------------------------|
| ☐ Rename unstructured blocks "Generative Friction" in calendar. | DONE ☐ |
| ☐ Treat as structural requirement, not reward. | DONE ☐ |

SELECTED

I

II

III

IV

V

VI

VERIFY

Did it work?

VERIFICATION / 5

- ☐ 70/30 ratio restored within 2 weeks
- ☐ One protocol deleted or boundary added
- ☐ Guilt eliminated during unstructured time
- ☐ Play restored
- ☐ Equilibrium score between 31-40

NEXT RE-ASSESSMENT DATE _____

Re-assess quarterly.

NOTES

Notes and sources

Research findings are reported as published by their authors. Where a study is listed as related research, it informs the framework but does not validate it.

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15. Lord, C. G., Lepper, M. R. & Preston, E. "Considering the opposite: a corrective strategy for social judgment." *Journal of Personality and Social Psychology* 47(6), 1231–1243, 1984.
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Important notice

These frameworks are published for education and personal development. They are not medical, psychological, legal or financial advice, and using them does not create a professional relationship of any kind. Consult a qualified professional before making health, mental-health, legal or financial decisions, and seek urgent help in a crisis. In the US, call or text 988 for the Suicide and Crisis Lifeline.

Each framework states its evidence tier. Tier 3 frameworks are design heuristics: structured ways of acting that you test on your own life, not established findings. Research changes; the sources are listed so you can check them yourself.

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