

# The Tapas Covenant Worksheet

Powered by The Centered CEO

Inner Clarity for Strategic Impact

## Introduction: From Effort to Impact

**The Powering Through Myth** demonstrates that high effort without strategic discipline is a financial liability. Your executive capacity is your most finite resource. This worksheet, based on the ancient principle of **Tapas** (rigorous self-discipline and restraint), is your immediate audit tool to assess your current protection of **Inner Clarity and Decision Quality**.

Completing this assessment provides a necessary first step of the **Clarity-to-Impact Model**: establishing the present truth. Score yourself honestly from 1 (Never) to 5 (Always) for each statement.

### Section I: The Principle of Systemic Restraint (Defending Capacity)

This section audits your application of structural boundaries to protect your **Capacity Reserve Index**. A high score here demonstrates strong governance over your time.

Statement	Score (1-5)
1. I proactively block time for deep, reflective work before my calendar fills with meetings.	
2. I have a clearly defined Non-Negotiable Time Lock (e.g., no email/calls before 9 am or after 6 pm) that is respected by my team and myself.	
3. I can confidently articulate the three most critical, non-delegable tasks for my role this week and have dedicated capacity to complete them.	
4. I regularly use a formal Energy Drain Matrix to audit my activities and eliminate, delegate, or reduce high-drain tasks.	
5. I view taking a full, uninterrupted rest (e.g., annual holiday) as a critical governance function, not a luxury or a reward.	
<b>Section I Sub-Total</b>	

**Section III: The Consistency Veto (Governing Predictability)**

This section audits your consistent commitment to the small, daily disciplines that protect your **Inner Clarity** and broadcast a stable **Emotional Echo** to the **organisation**.

Statement	Score (1-5)
11. I consistently maintain a daily practice (e.g., yoga, meditation, reflective walk) to ensure stillness before action.	
12. My responses and communication style are consistent and predictable, even when under extreme pressure or during a crisis.	
13. I have established and maintain a 'Strategic Stop List' of things my organisation will not pursue, and I consistently veto new proposals that violate it.	
14. I regularly review the past week to analyse moments of poor Decision Quality and can trace them back to a failure in my personal discipline.	
15. My physical health routines (sleep, nutrition, exercise) are viewed as essential professional commitments, not optional personal pursuits.	
<b>Section III Sub-Total</b>	

Notes:



## IV. Audit Results and The Clarity-to-Impact Pathway

### 1. Calculate Your Total Score

**Total Score (Max 75):** [Section I Sub-Total] + [Section II Sub-Total] + [Section III Sub-Total] = **[INSERT TOTAL HERE]**

### 2. Strategic Resilience Assessment

**70-75 (Mastery):** You exhibit exceptional strategic discipline. You are governing with full **Inner Clarity** and protecting your **Capacity Reserve**. Your focus should be on institutionalising these practices in your board and executive team.

**55-69 (Competent):** You are aware of the principles but likely struggle with consistency and enforcement. High scores in one section often mask low scores in another. Your **Decision Quality** is vulnerable under pressure.

**Below 55 (Critical Risk):** Your **Tapas Covenant** is broken. You are likely operating in the chaotic "powering through" state, exposing your **organisation** to the **Capacity Crisis** and significant strategic liability. Your executive function is dangerously compromised.

### 3. Next Step: Initiate the Clarity-to-Impact Model

The **Tapas Covenant Worksheet** is the diagnostic for your individual strategic resilience. The full **Clarity-to-Impact Model** is the structured, 6-stage workflow that installs this discipline structurally across your entire **organisation**.

#### **The Call to Action:**

If your score indicates risk, or if you scored well but struggle to implement this discipline across your entire leadership team, I welcome a confidential strategic discussion.

The **Clarity-to-Impact Model** is the ultimate structural defence against low **Decision Quality** and systemic fatigue.