

5W SIZE-UP WORKSHEET



Pause. Size-Up. Respond. Keep the answers short enough to stay useful.

1. WHAT IS ACTUALLY HAPPENING?

Facts first. What do you know without adding assumptions?

2. WHAT CAN HURT ME?

What could make this worse? What risk actually matters?

3. WHERE'S MY EXIT?

Where can you pause, step back, redirect, or create space?

4. WHO'S HERE?

Who matters, helps, influences, or needs to be considered?

5. WHAT'S WORKING?

What is already stable, useful, available, or in your favor?

NEXT USEFUL MOVE

After the size-up, what is the next action that actually makes sense?
