

**THE CAPACITY
CALIBRATION GUIDE**

High tolerance ≠ high capacity.



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You're not tired. You're miscalibrated.

High-performing women rarely burn out suddenly.
They normalise operating at 8/10.

It feels sharp.

It feels productive.

It feels powerful.

But a chronically elevated baseline :

- Compresses recovery
- Increases irritability
- Reduces emotional range
- Makes urgency your focus mechanism

You don't lack discipline.

You lack calibrated capacity.

Tolerance vs Capacity

Tolerance

What you can endure.
Pushing through.
Holding it together.
Staying functional under pressure.

Capacity

What you can sustain.
Recovering fully.
Expanding range.
Performing repeatedly without internal erosion.

High tolerance can mask shrinking capacity.
That is the blind spot.

Baseline diagnostic

– What is your default baseline?

When nothing urgent is happening, I usually feel :

- Calm and clear
- Slightly tense
- Mentally scanning ahead
- Restless in stillness
- Focused only under pressure
- Physically tight

Score yourself :

1 = deeply calm

10 = highly activated

My baseline: / 10

If your baseline is consistently 7+,
you are operating above sustainable capacity.

THE COST OF AN ELEVATED BASELINE

WHEN 8/10 BECOMES NORMAL

- STRESS STACKS FASTER
- RECOVER SHORTENS
- IRRITABILITY INCREASES
- CALM FEELS UNFAMILIAR
- OUTPUT STAYS HIGH
– COST RISES

0 1 2 3 4 5 6 7 ——— 8 **BASELINE** ——— 9 10

You are not failing.
Your system is red-lining.

THE IDEAL PERFORMANCE RANGE

Healthy performance is not constant calm.

It is dynamic range.

Baseline : 4–5

Intentional activation : 8–9

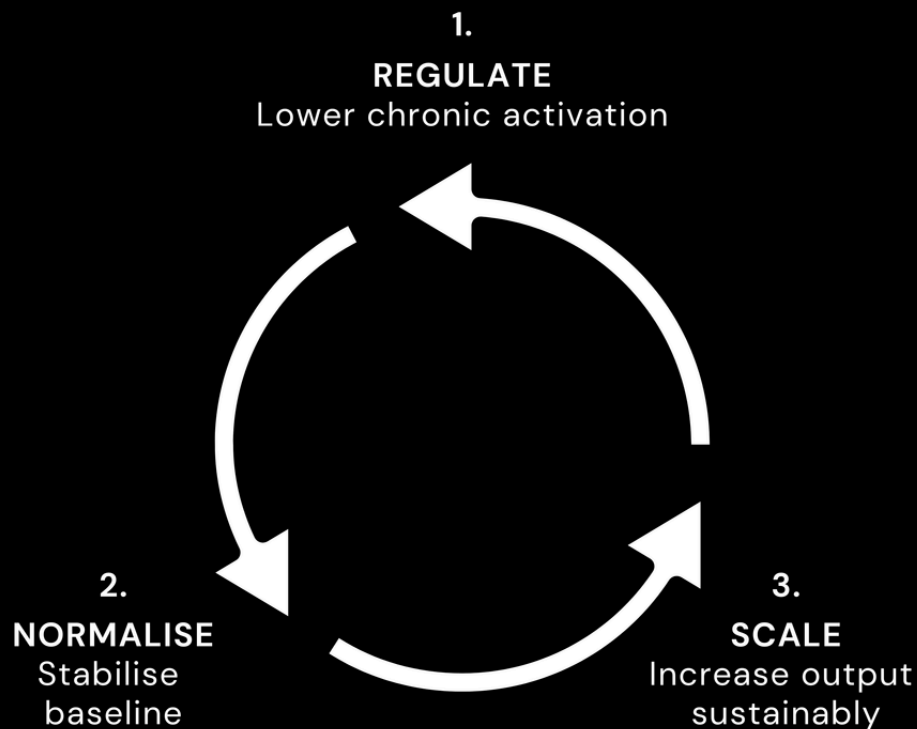
Full recovery : return to baseline.

Idle → Accelerate → Recover.

High capacity means you can ramp up fully —
and come all the way back down.

That is sustainable power.

SUSTAINABLE CAPACITY BUILDING



Idle → Accelerate → Recover

The shift

Capacity expands in three stages:

1. Regulate

Lower chronic activation.

2. Normalise

Make calm familiar and safe.

3. Scale

Increase output from stability.

You do not build capacity by staying activated.
You build it by expanding your baseline.

High tolerance is impressive.
High capacity is powerful.

If you are successful but constantly slightly tense,
there is a structural shift available.

→ Apply to recalibrate your capacity.