



The Holding Index™

Discover how well your judgement, clarity and proportion are holding when pressure increases.

Pressure rarely
destroys
judgement

It compresses it.



The hidden cost of compression

Performance Continues.

Most people do not notice the shift while it is happening because surface-level work continues unabated.

Compression Accumulates.

Decisions begin feeling heavier.

Everything starts feeling urgent.

Reflection becomes difficult.

Important issues are repeatedly postponed.

More effort produces less clarity.

Identifying shifts before they become instability

The Holding Index™ is a diagnostic designed to identify hidden areas of compression before they become visible problems.

What It Is Not

It does not measure intelligence, capability, or achievement.

Who It Is For

Used by leaders, professionals, founders, and experienced practitioners.

Where compression usually appears

Pillar 1
Lasting Change™

Pillar 2
Innovation™

Pillar 3
Business™

Pillar 4
Leadership™

Pillar 5
Experience™

Most people first experience compression in only one or two domains before it begins affecting the others.

The fault lines of judgement



Lasting Change™

Do your intentions remain stable when pressure increases, or do old patterns quietly return?



Innovation™

Can you identify the real friction point, or does complexity hide where attention is needed?



Business™

Are decisions creating long-term stability, or accumulating hidden residue beneath growth?



Leadership™

Does responsibility strengthen proportion, or compress judgement into urgency and reaction?



Experience™

Is your experience creating direction and contribution, or remaining trapped as accumulated knowledge?

The spectrum of stability under pressure

85–100

Holding Well

Judgement appears stable.

Reflection, clarity, and proportion are holding.

Continue strengthening awareness.

70–84

Early Compression Signals

Most things appear stable, but subtle signs are emerging.

Urgency begins replacing reflection subtly.

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50–69

Compression Developing

Judgement is carrying invisible pressure.

Decisions feel heavier; effort produces diminishing returns.

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Below 50

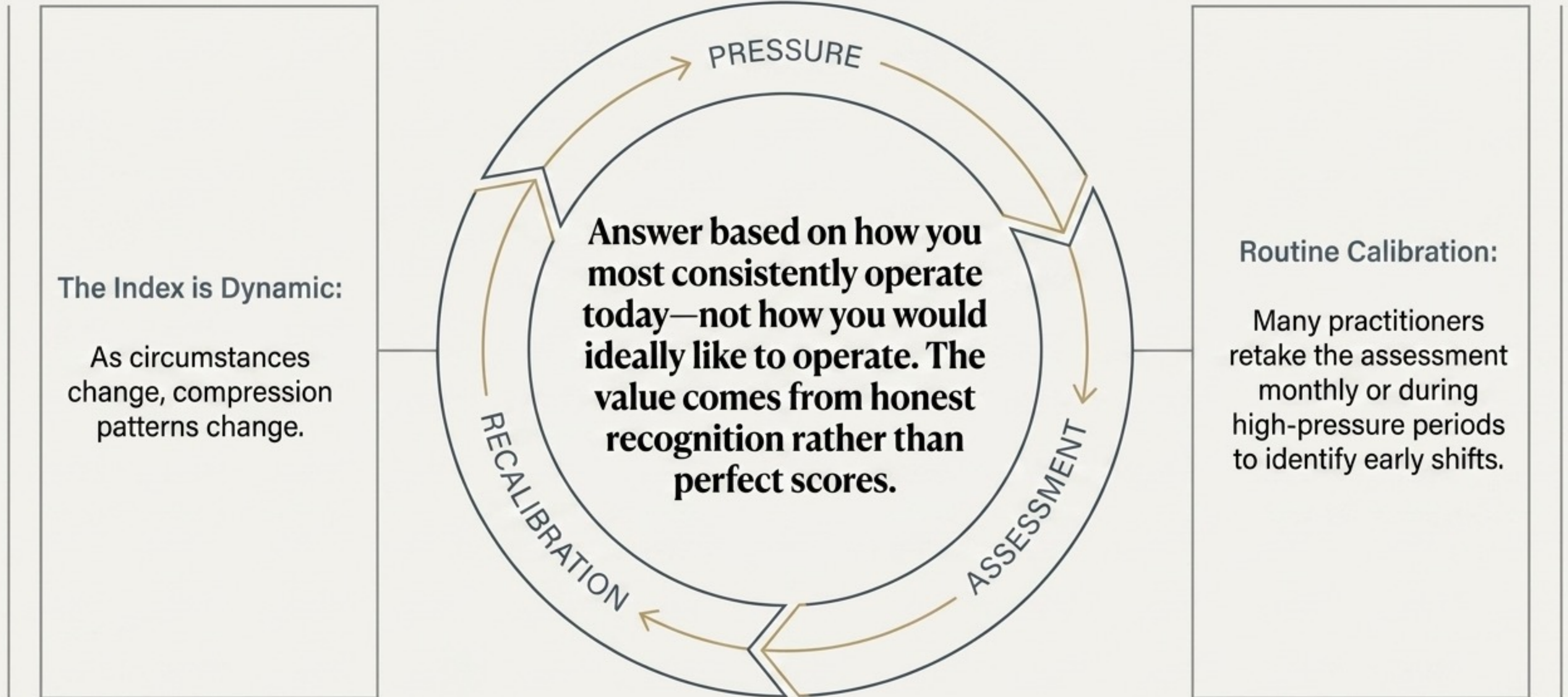
Affecting Stability

Multiple areas influenced simultaneously.

Reaction replaces reflection; urgency replaces proportion.

Structured recalibration required.

A snapshot in time, not a permanent label



Understand how your judgement holds

✓ **Overall Score**

A measurement of current stability.

✓ **Stability Profile**

Interpretation of reflection, clarity, and proportion.

✓ **Six Domain Assessments**

Analysis across Personal, Professional, Leadership, Business, Innovation, and Experience.

✓ **Compression Pattern Identification**

Recognition of developing compression before visible instability.

✓ **Development Recommendations**

Practical guidance for recalibration.

The goal is not a higher score

“The goal is greater awareness.”

The Holding Index™ is designed to help identify pressure patterns before they become visible instability, allowing earlier recognition, more proportionate responses and stronger long-term judgement.

[Begin Assessment →](#)

Free • Approximately 10 minutes