



The Individual Professional Trajectory Review™ : The PTR™ Triage Checklist

Your 60-Second Career Doppler Scan

Instructions: Rate your current professional environment on a scale of 1 (Critical Failure) to 5 (Optimal Health).

Career Perfusion: Do you have the autonomy and resources to execute your mastery, or is your "flow" constricted by the system?

Bidirectional Transparency: How clearly can you see the "Path of Travel" for your role and the true intent of leadership?

Field Sterility: Is conflict handled via objective protocol, or is your energy drained by Lateral Sepsis (drama/blame)?

Linguistic Necrosis: Rate the absence of sarcasm and passive-aggression. (1 = Constant/Septic, 5 = Rare/Sterile).

Systemic Toxicity: Rate the "leakage" into your personal life. (1 = High disruption to sleep, health, and relationships; 5 = Healthy work-life boundary).

Total Score: ____ / 25





Understanding the Diagnostic Findings

21–25 Points: The VIABLE SYSTEM (Sterile & Aligned): Your Path of Travel is clear. You are operating with high velocity and healthy boundaries.

13–20 Points: The ISCHEMIC SYSTEM (Restricted Flow): There are *blockages* in transparency and alignment. You may be experiencing early signs of 'Home Leakage' or stress-related fatigue.

- **Recommended Next Step:** Schedule a full PTR™ Professional Triage Audit to identify the specific systemic blockage and define clear Paths of Travel.

5–12 Points: The SEPTIC SYSTEM (Critical Failure): The environment is contaminated. You are likely experiencing Systemic Toxicity affecting your physical health and personal relationships.

- **Recommended Next Step:** Emergency Stabilization. Immediate implementation of the Sterile Field Protocol™ is required and partnered Paths of Travel are recommended.





The Individual PTR™ : Guide & Reflections

Phase II: The Deep Tissue Scan

A low score isn't just a 'bad job'—it is a systemic failure. Use these prompts to debride the data and analyze your Triage results.

1. SYSTEMIC PERFUSION: *Is the flow restricted?*

- **The Reflection:** Does your work feel like a 'High-Flow' state of mastery, or are you fighting the 'Resistance' of bureaucracy?
- **The Deep Scan:** High performance requires a **Patent Vessel**—a clear line between effort and outcome. If you work harder but achieve less, the blockage is systemic.
- **Inquiry:** If you had 20% more autonomy tomorrow, what technical win would you achieve? Where is the current *Ischemia*—resources, process, or leadership?

2. LINGUISTIC NECROSIS: *Is the air septic?*

- **The Reflection:** Sarcasm and passive-aggression are the 'Carbon Monoxide' of culture—invisible, but slowly suffocating the team.
- **The Deep Scan:** Sterile environments rely on **Signal Fidelity**. When necrosis sets in, mental energy is wasted translating hidden meanings or dodging lateral hits.
- **Inquiry:** How much energy do you spend protecting yourself from "drama"? In your last three interactions, was the air **Aseptic** (direct) or did you need to 'Scrub Out' afterward?





3. PATH OF TRAVEL: *Where is the momentum?*

- **The Reflection:** Career stasis leads to decay. Without a clear **Path of Travel**, you are simply drifting in the field.
- **The Deep Scan:** A trajectory is more than a promotion; it is the alignment of mastery with mission. If the title disappears, does the 'Path' still exist?
- **Inquiry:** Can you describe your trajectory three years from now without using a job title? Is your current role a **Bridge** or a **Terminal Destination**?

4. HOME LEAKAGE: *Is the wound closing?*

- **The Reflection:** When stress disrupts sleep and relationships, the **Surgical Field** has failed. The trauma is no longer contained.
- **The Deep Scan:** Leakage indicates institutional toxicity has bypassed your filters and is affecting your **Vital Organs**.
- **Inquiry:** Are you bringing your best self home, or just the residual stress? Does your career contribute to your health, or is it a primary drain on it?

5. REFLEX VS. STRATEGY: *Who is the Lead?*

- **The Reflection:** High-performers operate from a **Strategic Framework**. Low-performers operate from **Impulsive Reflex**.
- **The Deep Scan:** Operating by reflex means you are the patient, not the surgeon. Strategy requires the ability to **pause** and choose the intervention.
- **Inquiry:** In your last three crises, did you deploy a protocol or mirror the chaos? Do you have a **Field Guide** for your behavior, or are you reacting to the system?





The Next Maneuver: From Diagnosis to Intervention

A PTR™ score is a snapshot of your vitals. If your score indicates **Ischemia** or a need for **Emergency Stabilization**, the system will not fix itself. You cannot heal a wound in a septic environment.

For Potential Partners:

- Are you ready to perform a **Technical Reset** on your team's communication?
- Do you need a **Bequoke Intervention** to clear systemic blockages?
- Is it time to map a new **Path of Travel** that aligns with your mastery?

The Tray is Set. The Procedure is Yours. Connect with SMF Facilitation Services today to begin your Systemic Repair.

