

The Plateau Protocol

For when progress goes quiet and the graph goes flat.

The change that feels stalled:

Evidence it is a plateau, not a collapse (what is still happening):

Choose the response

- Hold: keep the current level for two more weeks, on purpose
- Shrink: drop to the minimum viable version and protect the streak
- Vary: same habit, different form, to break the boredom
- Climb: the plateau is finished; take the next rung

Decision, and the date I will review it:

Plateaus are consolidation, not failure. Quit on the flat and you never collect the climb it was preparing.