

The Chaos Audit

Find the one upstream variable running your life

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Your life isn't chaotic because you're doing something wrong. It's chaotic because it's a complex system — every part of it interacts with every other part. When one thing gets disrupted, that disruption moves through the whole system. This worksheet helps you find the ONE upstream variable causing the most downstream disruption, so you can stop fixing symptoms and start fixing the actual cause.

Step 1: Rate your upstream variables

Rate how disrupted each area feels right now, from 1 (calm) to 5 (chaotic).

Sleep

1	2	3	4	5

Money / financial stress

1	2	3	4	5

Calendar / overcommitment

1	2	3	4	5

A key relationship (spouse, family, friend)

1	2	3	4	5

Health & exercise

1	2	3	4	5

An undone task hanging over you

1	2	3	4	5

Step 2: Name the one

Which area scored highest? That's your upstream variable.

Step 3: Trace the downstream effects

When that variable is off, what usually happens downstream? List three effects.

1. _____
2. _____
3. _____

Step 4: One small fix this week

You don't need to overhaul your whole life. Pick ONE small, specific action that improves your upstream variable this week.

"Your life isn't chaotic because you're doing something wrong — it's chaotic because it's a complex system. Once you see it that way, you can work with it instead of against it."