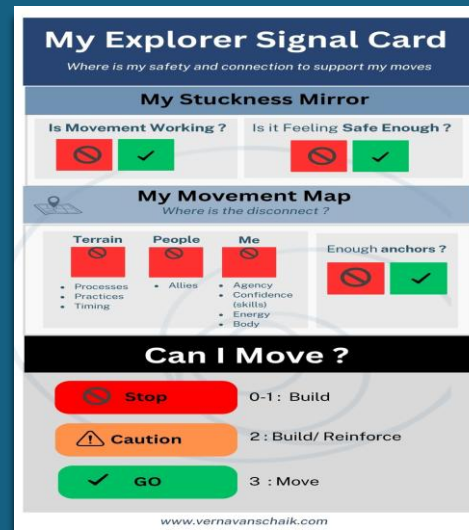


# The Explorer Signal Field Guide

## A Practical System to Build Safety and Get Unstuck.

Step in



**My Explorer Signal Card**  
*Where is my safety and connection to support my moves*

**My Stuckness Mirror**

Is Movement Working ?	Is it Feeling Safe Enough ?
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

**My Movement Map**  
*Where is the disconnect ?*

Terrain	People	Me	Enough anchors ?
<input checked="" type="checkbox"/> <ul style="list-style-type: none"><li>• Processes</li><li>• Practices</li><li>• Timing</li></ul>	<input checked="" type="checkbox"/> <ul style="list-style-type: none"><li>• Allies</li></ul>	<input checked="" type="checkbox"/> <ul style="list-style-type: none"><li>• Agency</li><li>• Confidence (skills)</li><li>• Energy</li><li>• Body</li></ul>	<input checked="" type="checkbox"/>

**Can I Move ?**

<input checked="" type="checkbox"/> Stop	0-1 : Build
<input checked="" type="checkbox"/> Caution	2 : Build/ Reinforce
<input checked="" type="checkbox"/> GO	3 : Move

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# The Explorer Signal Field Guide

Use this scan to find clarity, build safety, and choose your next move with confidence

## GET READY

1. Choose your format
  - Phone size (*keep it with you*)
  - Page view (*fridge, desk, screen...*)
2. Print + laminate for reuse
3. Create your mirror
  - Use a black marker to block out what isn't the answer
  - Your answers are what remains
4. Grab your Explorer Journal (to track patterns + insights)

## USE YOUR MIRROR

- 💡 **Mirror first** (*before you move*)
- Are my moves working?
  - Is it feeling safe enough?

If No or unsure → **Map it.**

## MAP & MAKE YOUR CALL

- 🗺️ **Map** what is missing
- Check your 3 safety pillars  
*Terrain – People – Me*
  - Check your anchors?
- 🟪 **CALL IT** - What's my move?
- ✅ 3 pillars = GO
  - 🟡 2 pillars = REINFORCE anchors
  - 🔴 0–1 pillars = STOP (Restore safety with anchors)

# Pillars & Anchors

## An Explorer's Guide

### Safety Pillars

*Disconnection tends to begin in one of three places. You need enough safety and support in all to move effectively*

#### TERRAIN

What lets you act with confidence in this space?

What gives you the sense that your effort will land?

→ *Think: processes, permissions, pathways.*

#### PEOPLE

Who helps you feel steady or seen?

Where do you feel *invited* — not just included?

→ *Anchors here often feel like coffee chats or quiet allyship. They signal connection and belonging.*

#### SELF

What helps you return to yourself when things wobble?

What reminders or rituals tell you: “I’ve got this”?

→ *Self-anchors are often physical or mental resets — like breathing, movement, or inner permission.*

### Anchors

*They don’t shout – they hold*

Anchors aren’t big. They’re quiet, ordinary things.

An anchor is something real you can lean on — a steadying force when safety feels shaky.



*Look for the signals of support you already have.*



*Build more where you need them most.*



**Print -  
Phone size**

# My Explorer Signal Card

Where is my safety and connection to support my moves

## My Stuckness Mirror

Is Movement Working ?

⊘

✓

Is it Feeling Safe Enough ?

⊘

✓

## My Movement Map

Where is the disconnect ?

Terrain

⊘

- Processes
- Practices
- Timing

People

⊘

- Allies

Me

⊘

- Agency
- Confidence (skills)
- Energy
- Body

Enough anchors ?

⊘

✓

## Can I Move ?

⊘

Stop

⚠

Caution

✓

GO

0-1 : Build

2 : Build/ Reinforce

3 : Move

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# Can I Move ?

Stop

0-1 : Build

Caution

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GO

3 : Move

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# My Explorer Signal Card

*Where is my safety and connection to support my moves*

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Is Movement Working ?



Is it Feeling Safe Enough ?



## My Movement Map

*Where is the disconnect ?*

**Terrain**



**People**



**Me**



- Processes
- Practices
- Timing

- Allies

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- Confidence (skills)
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- Body

Enough anchors ?



## Can I Move ?



**Stop**

0-1 : Build



**Caution**

2 : Build/ Reinforce



**Go**

3 : Move