

FILTER PROFILE

THE PART THAT DOESN'T FIT · WIRING SERIES

Your Filter Diagnostic

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June 1, 2026

Access code: JXFILT

YOUR FILTER PROFILE

The four categories of your assessment, scored side by side. The loudest one — the category where the data clusters highest — is highlighted.



Each category is scored from 0 to 30, with 30 being loudest. Total possible: 120.

YOUR PROFILE

What stands out in your profile is a single sharp spike. Your total is 55 out of 120 — moderate overall — but that number hides the real story. Three of your four categories sit at 10. One sits at 25. That kind of gap means the cost in your professional life is not spread evenly. It is concentrated in one place, and that place is Sensory Cost.

This matters because of what it tells me about how your day works. Noise Processing, Time Perception, and Environment Design all landing at 10 says the input itself is not what overwhelms you. You are not someone who can't filter a conversation in a loud room, and your relationship with the clock is mostly functional. The problem is not what comes in. The problem is what it adds up to.

Sensory Cost at 25 describes accumulation. Each hour of input costs more than the hour before it. You start the day with capacity and end it depleted in a way that does not match the actual difficulty of the work you did. The first meeting is fine. The fourth one takes something out of you that has nothing to do with the fourth meeting's content.

For someone with this profile, professional life feels manageable in the moment and unsustainable across the week. You can do any single thing on your calendar. It is the volume and sequence that wear you down. That is a structural pattern, not a willpower problem, and it responds to different tools than the ones you have probably been reaching for.

YOUR LOUDEST PATTERN: SENSORY COST

Sensory Cost at 25 out of 30 is the loudest thing in your data by a wide margin. Chapter 10 describes a system where input does not get fully cleared between tasks. Most people reset partway through the day. You carry the residue forward. By mid-afternoon you are processing not just what is in front of you but the accumulated weight of everything that came before it.

This is why your other scores being low does not protect you. A single meeting in a quiet room with clear timing — the kind of thing your 10s say you handle well — still costs you, because it lands on top of everything else from that day. The individual inputs are tolerable. The compounding is not. That is the specific shape of a high Sensory Cost score paired with otherwise moderate categories.

What you have probably tried is pushing through. Caffeine in the afternoon, a hard restart at the end of the day, telling yourself the tiredness is just a busy season. You may have tried better time management, assuming the problem was too many meetings. None of those held, because they treated the symptom of fatigue instead of the mechanism that produces it.

The fixes did not work because they were aimed at the schedule or your discipline. The pattern is in how your system clears input — or doesn't. You cannot out-discipline accumulation. You can only design around it, which is a different kind of work.

WHERE THE COST CONCENTRATES

Your loudest pattern and your most expensive pattern are the same. There is no buffer here. The thing that shows up most often is also the thing taking the most from you, which means the cost is not occasional — it is built into the structure of every full day you work.

This shows up in specific places. The back-to-back meeting block where you are sharp at 9 and foggy by 2. The decision you make late in the day that you would have made differently with morning capacity. The email you reread three times at 4pm because the words are not landing the way they did six hours earlier. None of those moments feel dramatic. That is what makes them expensive — they pass as ordinary tiredness and never get addressed.

Over time this compounds in a particular way. You start protecting your evenings to recover, then your weekends, then you notice you have less for the people and work you care about most because the job is taking your full reserve just to get through standard weeks. The cost is not in any single day. It is in what the accumulation leaves you with by Friday — and what is left over for the rest of your life.

WHAT OTHERS SEE

From the outside, you look steady. Your three moderate categories mean you handle noise, timing, and your physical environment without visible strain — you are not the person who flinches at an open office or loses track of the clock in a meeting. Colleagues likely see someone who is composed and reliable, who shows up and delivers.

What they do not see is the curve. They catch you in the morning when you are at full capacity, or in a single meeting where the cost has not yet stacked up. They are not in the room at 4pm when the same task that took ten minutes in the morning takes thirty. The decline is invisible because it is gradual, and because you have learned to mask it.

The widest gap is in Sensory Cost. Your presentation says consistent. Your experience says front-loaded — strong early, depleted late, and spending real effort to keep the second half looking like the first. That management work is constant and entirely unseen, which means no one is accounting for it, including, often, you.

WHAT TO DO WITH THIS

These are tied to your specific scores, not general advice. Your low categories need maintenance, not overhaul. Your one high category needs real design work. Each move below targets a specific pattern and the chapter behind it.

NOISE PROCESSING — CH 8: THE NOISE FLOOR

At 10, this is not a problem area — so do not over-engineer it. This week, notice the one or two settings where noise does cost you even at this level, likely the most depleted part of your day. Protect those specific windows rather than treating every room as a threat.

TIME PERCEPTION — CH 9: THE CLOCK THAT DOESN'T MATCH

Your relationship with time is mostly working at 10. Use that as an asset against your real problem — start blocking your calendar by capacity, not just availability. This week, put your hardest cognitive work in your first two hours and notice how much easier it lands there.

SENSORY COST — CH 10: THE FILTER THAT ISN'T THERE

This is where your effort goes. Build a deliberate clearing point into your day — a 15-minute window after your second meeting with no input at all, no screen, no conversation. Do it for five days and track whether the afternoon decline arrives later or softer.

ENVIRONMENT DESIGN — CH 10: THE FILTER THAT ISN'T THERE

At 10, your environment mostly fits — but it is not designed to interrupt accumulation. This week, identify the one recurring block that drains you most and put a hard recovery gap immediately after it. Notice whether the next thing on your calendar goes better.

THE FIRST 30 DAYS

WEEK 1

Do not change anything yet. The goal this week is to see the curve you have been masking. You already know your day starts strong and ends depleted — now you are going to get the actual data on where and how fast that happens.

— Rate your capacity from 1 to 10 at three fixed points each day — mid-morning, early afternoon, late afternoon. Do not adjust your schedule. Just record the number and what you had done right before it.

— Each day, note the first moment a routine task took noticeably longer than it should have. Write the time and what the task was. You are mapping when your processing starts to slow.

— Track which days end with you depleted past the point of useful evening time. Note what those days had in common — meeting count, back-to-back blocks, no breaks. Look for the pattern, not the cause.

— Estimate at day's end what percentage of your energy went to the actual work versus pushing through accumulated fatigue. A rough number is fine. You want the trend across five days, not precision.

At the end of the week, lay your capacity ratings side by side. You are looking for the consistent time of day your number drops and how many inputs precede it. That number is your real working window — and the gap after it is the cost you have been absorbing.

WEEKS 2–3

Now one change at a time. These are small enough to sustain and specific enough to produce data you can read. Do not stack them all at once — add the clearing point first, then the rest.

— Install one 15-minute clearing window after your second meeting of the day — no input, no screen, no talking. Walk or sit. Track whether your early-afternoon capacity number rises compared to Week 1.

— Move your single hardest cognitive task into your first working window, before the accumulation starts. Notice how long it takes and how it feels versus doing the same task at 3pm.

— Cap your back-to-back meetings at two before a recovery gap. Where you cannot control the calendar, take the gap inside the meeting by going camera-off and quiet. Track the afternoon difference.

— Pair your worst recurring block with a protected recovery slot immediately after. This is where the compounding lives — interrupt it once a day and watch whether the rest of the afternoon holds better.

Compare your three daily capacity ratings against Week 1's numbers. The question is not whether you feel perfect — it is whether the afternoon drop arrives later or lands softer. Even a one-point improvement at your worst hour is real signal.

WEEK 4

This week you decide what stays. You have three weeks of data on what actually moved your capacity versus what just felt like effort. Keep what produced numbers, drop what did not.

— Review the clearing window. Did your early-afternoon capacity number rise on the days you took it? If yes, this becomes a non-negotiable default. If it did nothing, change the timing rather than abandoning it.

— Look at your worst-hour rating across all four weeks. The cost pattern is in that number. Note whether it climbed, held, or moved depending on the day's structure — that tells you which lever matters most.

— Compare this week's energy percentages against Week 1. How much more of your energy is reaching the actual work now versus being spent on getting through? That difference is what you reclaimed.

— Decide what locks in as a permanent default and what needs redesign. The clearing window and the morning-first rule are likely keepers. Anything that produced no change gets replaced, not repeated.

The question for Week 4 is not whether you fixed the accumulation — you will not eliminate it. Measure whether your usable hours stretched further into the day and whether you have more left at the end of the week. That is the real outcome.

THE MIRROR

Your capacity is strongest in the morning and worn down by late afternoon — how many of your most important decisions are you making in the depleted half of your day?

Others see you as steady and consistent. How much effort are you spending to keep the second half of your day looking like the first, and who would you tell if it became too much?

What does it cost you to push through the afternoon decline day after day instead of designing around it — and where is that cost landing in the rest of your life?

If your afternoons held the same capacity as your mornings, what work would you take on, or do differently, that you currently avoid scheduling late in the day?

When you assume you have to power through, how much of that is built on real evidence about your limits, and how much is a habit you have never tested against a deliberate clearing point?

This assessment describes what is present in your professional experience. It does not describe what is wrong with you — your system clears input differently, and that is information, not a flaw. The real question is whether you keep spending your full reserve to mask the afternoon decline, or design your days to work with how your capacity actually flows. If this touches something deeper than strategies can reach, a coach or therapist can help you get to what the plan cannot.

— Don

This assessment describes patterns. It does not diagnose conditions.