

PEACE DOMAIN · EPISODE 2 · COMPANION TOOL

# The Architecture *Map.*

*A personal audit of the Guardrails, Baselines, and Reliefs already operating in your professional life, and the ones that remain to be built in advance of the next step up in the load.*

## HOW TO USE THIS TOOL

This workbook operates as a mirror rather than a diagnostic.

The Instrument Room episode examined three African women, Tara Fela-Durotoye, Phuti Mahanyele-Dabengwa, and Miriem Bensalah-Chaqroun, and the specific architectural instruments each of them built to answer the Seven Invisible Clocks. The lesson of the episode is that none of them invented their architecture once a crisis had already begun. All three installed it in advance, inherited it, or refused to lose it.

This workbook helps you conduct the same examination of your own professional life. It asks three sets of questions, structured around the three components of the Maintenance Plan. Your task is to answer them honestly, over a period of one week, with the same forensic register the episode applied to the three cases.

Print it. Write in it. Return to it. It is more useful completed imperfectly than left blank.

## SECTION ONE

# The three components.

*Before you audit your own architecture, hold the three components clearly in mind. The Maintenance Plan operates as three structural answers to three specific functions in your professional operating system, rather than as a programme or a set of habits.*

## Baselines

The non-negotiable operating conditions that return your system to its default state. Sleep, movement, connection, practice. Operating conditions rather than recovery activities. The floor below which the professional should not be asked to function.

## Reliefs

Short practices, or preserved identities, that interrupt the overdrive cycle before it completes. The walk without a phone. The motorbike in the garage. The pilot's licence that remains current. The pull on the cord before the defect becomes structural.

## Guardrails

Written or socially enforced rules about what you will and will not permit into your operating conditions. At senior scale, Guardrails become social, held by peers given explicit authorisation to ask the questions no one else will.

### THE ARCHITECTURAL PRINCIPLE

*Architecture is a pre-positional discipline. It is what you build, or protect, or refuse to lose, long before the Seven Clocks start running at full volume. The andon cord cannot be installed once the emergency has begun.*

## SECTION TWO . BASELINES

# What already holds you up?

*Phuti Mahanyele-Dabengwa's Sunday discipline was installed in childhood by a father who did not attend. Her lesson about time was sharpened at seventeen by her mother's death. The Baselines she carries into the cockpit of Naspers pre-date Naspers by decades. They hold because they were there before the load.*

This audit identifies the Baselines already operating in your life, rather than building new ones. Look for the disciplines, relationships, practices, and beliefs that pre-date your current professional role. Once named, your work is to protect them, because they came first.

**One** A discipline or practice that existed in your life before your current professional role. Something you do, have done, or grew up doing, that does not depend on your title.

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**Two** A relationship that knows you beyond your title. A person, or a small group of people, whose perception of you does not rely on what your business card says.

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**Three** A belief, faith, conviction, or inner reference point that was true for you before the weight of your current role arrived, and is still true now.

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*If any of these three lines is blank, you are not yet building on what you already have. That is the first work.*

## SECTION TWO · CONTINUED

## What is eroding, and what will you protect?

*The cultural clock erodes Baselines by calendar creep, by escalating load, by the slow substitution of always-on availability for the silent practice that used to hold you up.*

**Four** Of the three Baselines you named on the previous page, which is most at risk of being eroded by the current professional load? Be specific. Name the load, and the Baseline it is eroding.

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**Five** What is the earliest sign that the erosion is happening? The canary in your mine. What did you do last quarter, or last month, that you would not have done two years ago, and that tells you the Baseline is shrinking?

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**Six** What is one specific, calendar-level, written rule you will install this week to protect the most-at-risk Baseline? A rule rather than an intention. Written here.

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## SECTION THREE · RELIEFS

# What will you refuse to lose?

*Miriam Bensalah-Chaqroun has lost her golf and her horseback riding to the calendar. She has not lost the motorbike, the pilot's licence, or the rally car. When the load does not relent, Reliefs stop being practices you do often. They become identities you refuse to let the professional role consume.*

This audit examines what identities beyond the title you have preserved, in what reduced form, and what floor you refuse to cross even when the load above the floor does not decline.

*Seven* **Name one non-work identity you still carry. Rider, runner, reader, musician, gardener, parent, friend, congregation member, writer. Something the business card cannot contain.**

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*Eight* **What form does that identity take today, compared to five years ago? Be honest. Is it in full practice? In reduced practice? In dormancy? In storage? Describe the current state.**

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*Nine* **What is the floor you will refuse to cross? At what point would the professional load cause you to abandon this identity entirely rather than hold it in reduced form? Name the line.**

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SECTION FOUR . GUARDRAILS

# Who holds the questions for you?

*Tara Fela-Durotoye called hers the Midwives. Four friends, a WhatsApp group, a fixed protocol of three hard questions, repeated over years. Guardrails at senior scale outgrow personal willpower. They must be held by other people, on your behalf, with your explicit permission.*

**Ten** Name three to five people who already know you well enough, and are honest enough, that they could challenge you on the questions you do not want to be asked. Initials are fine if you want to keep the workbook private.

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**Eleven** What three questions would that group need to ask you, on a repeating basis, to keep the most important Guardrail in your life from eroding? Write them as questions, not as reminders.

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**Twelve** What is the governance structure? How often does the group meet or check in? What is its name? What is its remit? A Guardrail held by other people needs the shape of an institution, however small.

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## SECTION FIVE . SYNTHESIS

# The architecture, in one page.

*Read back what you have written. If the previous pages are blank, stop here and return to them. If they are complete, distil them to one page. This is the architecture you carry, or the architecture you do not yet carry, stated plainly.*

## My Baselines

*The disciplines, relationships, or practices that pre-date my current role and that I will protect because they came first.*

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## My Reliefs

*The identities beyond the title I refuse to lose, in whatever reduced form. The floor I will not cross.*

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## My Guardrails

*The people, the protocol, the name of the group, and the questions they are authorised to ask me on a repeating basis.*

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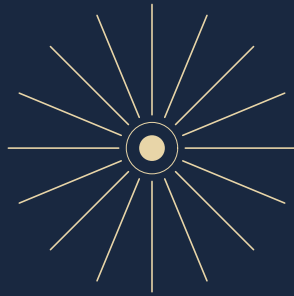
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THE ARCHITECTURE IS YOURS TO BUILD

*The andon cord cannot be installed  
once the emergency has begun.  
The Midwives cannot be convened  
once the handover begins.  
The motorbike cannot be purchased  
after the passions have already receded.*

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*Architecture is a pre-positional discipline.*

THE 5M SUITE

5M Unbreakable · the full Peace Domain framework, available in paperback and Kindle on Amazon  
The Overdrive Index · the diagnostic tool from Episode 1, at [5mleadership.com/peace-resources](https://5mleadership.com/peace-resources)  
The 5M Cohorts · for organisations installing Peace-domain architectures at leadership-team level

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