

1 OF 4

SECTION 1: THE NEW REALITY OF CHAOS

The Turbulence Operating System

Quick Diagnostic + Cheat Sheet

VUCA — volatile, uncertain, complex, ambiguous — used to be an occasional condition. Now it's the permanent operating environment. The Power Worker doesn't wait for stability to return; they run on a different operating system entirely, built on four principles.

Quick Diagnostic

Rate how true each statement is of you right now.

- | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I notice small warning signs in my work before they become visible problems to everyone else. | 1 | 2 | 3 | 4 | 5 |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| 2. When I have roughly 70% of the information I need, I act — rather than waiting for certainty. | 1 | 2 | 3 | 4 | 5 |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| 3. I regularly update or discard ways of working that used to serve me but no longer do. | 1 | 2 | 3 | 4 | 5 |
| | ☐ | ☐ | ☐ | ☐ | ☐ |
| 4. I direct AI and/or people to execute rather than trying to do most of the work myself. | 1 | 2 | 3 | 4 | 5 |
| | ☐ | ☐ | ☐ | ☐ | ☐ |

1 = Never/Not True 2 = Rarely 3 = Sometimes 4 = Often 5 = Consistently True

My Total: _____ / 20

4-9

Old Operating System — Understandable — most professional training never taught this. Start with your lowest-scoring principle below.

10-14

Building the New OS — You have real footing. Look for the one principle you apply inconsistently and make it a habit.

15-20

Running on TOS — This is a genuine strength. Consider where you can model it for a team or colleague.

The Cheat Sheet

The 4 components of The Turbulence Operating System, at a glance.

Sense Early

Detect weak signals before they become obvious problems — the anomaly everyone else dismisses as noise.

Act Before Certainty

Treat speed itself as a risk-management strategy. Waiting for full information is its own kind of risk.

Unlearn Continuously

Treat your own mental models as working hypotheses, not permanent infrastructure.

Orchestrate Intelligently

Direct AI and teams as the “Agent Boss” — steering execution, not performing all of it yourself.

Try This Now

This week, pick your lowest-scoring principle above and do one small, deliberate rep of it — on purpose, not by accident.

GO DEEPER

This worksheet covers one framework, at a glance. The full diagnostic, guided exercises, and application blueprint for The Turbulence Operating System — plus the rest of the Power Worker system — live in ***The Power Worker Workbook*** and ***The Power Worker Course***.