



Look upstream

Most problems don't arrive fully formed.
They start as a whisper. A niggle. A "that's odd..." moment.

You've probably already spotted one.
It's been sitting at the back of your mind for weeks.
You've pushed it down, hoping it'll sort itself out.

It won't.
It's going to get bigger, louder, harder.

**What's the one thing you need to face this week,
before it becomes the thing you can't ignore?**