



The Capacity Extraction and Regeneration Check

A GoalsRGold™ Executive Reflection Tool

How to use this reflection tool

Select one initiative, operating challenge, transformation or organizational condition. Respond using observable evidence wherever possible—not only impressions. The purpose is to identify what value is being produced, what producing it consumes, what capacity remains, and where regeneration or intervention may be required.

Visible Value

What outputs, efficiencies, or outcomes are being produced?

This reflection surfaces initial signals. It is not a substitute for a complete GoalsRGold™ diagnostic, capacity map or intervention analysis.



Extraction Costs

What human, operational, financial, or environmental capacity is being consumed?

Remaining Structure

Which capabilities, relationships, processes, and safeguards remain intact?

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Regeneration Conditions

What must be restored, redesigned, learned, or protected?

Conversion Priorities

Where should leadership intervene before adding more pressure, technology, training, or oversight?

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What this reflection may have made visible

If your responses reveal persistent extraction, weakened structures, insufficient recovery or unclear intervention priorities, a deeper diagnostic can determine whether the underlying constraint lies in adaptive capacity, organizational scaffolding, developmental movement or operating conditions.



GoalsRGold™
Request a
Capacity Diagnostic

<https://www.goalsrgoldproject.com/inquiry-services-page>

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