

RELATIONSHIP CAPACITY DECISION FILTER

A Human-in-Command Check Before You Follow Up

Not every good conversation needs another conversation.

Before you invest more time, energy, or attention, use this filter to decide whether the relationship is worth building right now.

		YES	NOT YET	NO
1 REAL REASON	Is there a real reason for us to continue the conversation? Do I see a clear reason to reconnect, or am I following up just because I met them?	☐	☐	☐
2 MUTUAL INTEREST	Was the interest mutual? Did the conversation feel reciprocal, or am I the only one trying to create momentum?	☐	☐	☐
3 ALIGNMENT	Is there genuine alignment? Do our work, values, goals, interests, or networks connect in a meaningful way?	☐	☐	☐
4 CAPACITY	Do I have the capacity to follow through well? Do I have the time, attention, and energy to build this relationship with intention?	☐	☐	☐
5 NEXT MOVE	Is the next move clear? Do I know what makes sense next, or am I forcing a next step because I think I should?	☐	☐	☐

DECIDE

BUILD

There is alignment, mutual interest, and capacity.

Next move: Follow up with a clear and personal next step.

NURTURE

There is value here, but no need to force momentum.

Next move: Stay connected naturally and keep the door open.

PAUSE

The connection may matter later, but now is not the right time.

Next move: Revisit when the timing, clarity, or capacity improves.

RELEASE

A good conversation can simply be a good conversation.

Next move: Let it go without guilt.

HUMAN-IN-COMMAND REMINDER

Capacity is not how many people you can meet.
It is how well you can follow through with the people who matter.

Stay Ready. Stay In Command.