

# The Centered Authority Framework™

CREATED BY

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Pause.  
Get centered.  
Move forward.

Everything  
can matter.  
Not  
everything  
can matter  
equally.

*“A life can be shaped by circumstance without being authored by it.”*

— Dr. Mary Kauffman

Pressure has a way of making everything feel equally urgent. Emotion, uncertainty, consequences, and other people’s reactions can start competing for control of what happens next. This framework helps you separate what is happening from what you will deliberately do about it.

## 01 Acknowledge

Name what is happening.

*What do I actually know right now?*

## 02 Assess

Determine what matters and what is yours.

*What matters most, and what is actually mine to carry, influence, or decide?*

## 03 Accept

Work with reality as it is.

*What is true whether I like it or not?*

## 04 Act

Choose what happens next.

*Given what I now know, what will I deliberately do next?*

### USE IT WHEN...

- You are overthinking a decision.
- Everything feels equally urgent.
- Someone else’s reaction is affecting your judgment.
- Circumstances have changed.
- You know something needs to happen but keep circling the decision.

### HOW TO USE THIS PAGE

- 1 Print this page or keep it nearby.
- 2 When a decision feels heavy, run through the four questions in order.
- 3 Answer honestly. Then act on what is yours.

**Pressure can affect the moment without directing the decision.**