Sustainable System Worksheet

Seasons · the four gauges

The season model

10-13 weeks at the floor → a SCHEDULED 1-2 week break: quarterly review, Bank refill, asset maintenance, guilt-free rest, dated return. A planned break is a system feature; an unplanned collapse is a system failure.

MY SEASON: length ____ weeks · first break date (ON THE CALENDAR):

The burnout gauges — monthly read

DREAD TEST
"I get to" vs a month of "I have to" on most videos.

CORNER-CUTTING
Gates skipped through apathy, not choice.

RESENTMENT TELL
Weeks of obligation language.

STREAK BRITTLENESS
One missed day feels like collapse — healthy systems bend.

Sustainable System Worksheet

Downshift · earned upgrades · the ladder

The downshift (two gauges lit for a month)

- [ ] Quick lane only for two weeks
- [ ] Buffers deployed
- [ ] Season break pulled forward — no shame, by design

The earned-upgrade gate

Channel income pays for it + a recurring bottleneck names it + the data says that stage matters.

Sequence: mic → software → lighting → camera LAST. Gear amplifies working systems.

UPGRADE WISHLIST (item → bottleneck → data → income status):

The scale ladder: solo-with-systems now → delegation later (editing first, on the SOP you already wrote) → team, much later. Every rung stands on written systems.

Sustainable System Worksheet

What to do with this document

Your next steps

- [ ] Season dated on the calendar — a break without a date is a wish
- [ ] Four gauges added to the monthly ritual; two lit = downshift, pre-agreed
- [ ] Upgrades pass the three-part gate — mic first, camera last
- [ ] Yearly question: does this channel still serve the life I want?

Keep going (free)

Every lesson of the YouTube Creator Academy is free at braintrain-ai-academy.com/creator-academy — clarity, consistency, and honest expectations, module by module.

A NOTE FOR LATER

Documents like this one grow, module by module, into your Channel Playbook — the complete written plan for your channel. You can build every piece yourself with these lessons. And if you would ever like help designing it around your specific situation, BrainTrain AI Coach can guide you step-by-step. For now: run the worksheet. That is the whole assignment.