USING CONSTRAINTS FOR BETTER OUTCOMES

# Your box this quarter

Pick one outcome, build one constraint for it, and bring your answers to your next Quarterly. A productive constraint blocks the first convenient path, so your team can't fall back on the familiar answer.

**How to use it**

Fill it in as a leadership team in 20 minutes. Make the rule tight enough to hurt a little, and give it an end date.

TEAM _____ OWNER _____ REVIEW DATE _____

1 **The outcome we want**

One result, stated so you'll know if you got it

2 **What keeps going wrong**

Sprawl, slowness, sameness, too many priorities

3 **The easy path we will block**

The habit or default the team keeps falling back on

4 **The lever**

Time · resources · work in progress · format · commitments

5 **The rule**

What we rule out, and what we require instead

## The five levers

| | |
|---|---|
| **Time** | Deadlines, timeboxes. In EOS®: 90-day Rocks, the 90-minute Level 10 Meeting. |
| **Resources** | Budget, people, materials. In EOS: the 1-Year Plan budget, one name per seat. |
| **Work in progress** | How much is open at once. In EOS: 3–7 Rocks, solve the top 3 issues first. |
| **Format and rules** | Shape, length, methods. In EOS: the two-page V/TO, 5–15 measurables. |
| **Commitments** | What you keep doing at all. In EOS: Delegate and Elevate. |

## Is it a good box?

- ☐ It's tied to the outcome in step 1.
- ☐ It rules out a path and leaves the "how" open.
- ☐ It focuses people on one task, not more rushing.
- ☐ It reduces what's open instead of adding a rule on top.
- ☐ It has a review date and an owner.

Based on David Epstein, *Inside the Box: How Constraints Make Us Better* (Riverhead, 2026). The full framework: flaglinestrategy.com/frameworks/building-better-boxes

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