VISUAL VELOCITY

Your Visual Thinking Tool Prescription

Use this worksheet to diagnose your dominant technostress and select visual thinking tools that will restore clarity, focus, and momentum in your work.

1. Identify Your Primary Technostress

☐ Information overload   ☐ Unclear priorities   ☐ Fragmented attention

☐ Decision fatigue   ☐ Misalignment & rework   ☐ AI amplification stress

2. Prescribe the Right Visual Tool Type

If you checked…	Start with this visual tool type	Primary benefit
Information overload	Mind Mapping / Visual Notes / PKM	Externalize complexity
Unclear priorities	Kanban Boards / Mind Maps	Clarify tradeoffs
Fragmented attention	Visual Documentation / Collaboration Canvases	Stabilize context
Misalignment	Diagramming / Concept Mapping	Shared understanding
AI amplification	Visual AI / Infographics	Structured insight

3. Build Your Personal Visual Thinking Stack

Thinking & Ideation   [   ]

Planning & Prioritization   [   ]

Execution & Tracking   [   ]

Communication & Alignment   [   ]

If you want to learn more about the ways in which visual thinking tools can help alleviate technostress, read my new book, The Ultimate Guide to Visual Thinking Tools