Catalyst Grit

Resilience & Recovery Tracking — Structured, Transparent, Human-Centered

Overview

Catalyst Grit is a structured resilience tracking module designed to document setbacks, recovery efforts, and learning patterns over time. It transforms qualitative reflection into auditable signals without reducing wellbeing to a single opaque score.

The Problem

High-performance environments track output but rarely track recovery. Performance metrics often capture productivity, deadlines, and results, but overlook the human systems required to sustain long-term effort.

Without structured reflection, setbacks become invisible and recovery becomes informal. Catalyst Grit introduces a repeatable framework that makes resilience observable, explainable, and ethically bounded.

Core Functions

- Logs setbacks with structured context (trigger, impact, response, learning).
- Tracks recovery intervals and pattern recognition over time.
- Maintains transparent perseverance and resilience scores based on documented events.
- Generates periodic prompts to support disciplined reflection.

Measurement Philosophy

Catalyst Grit rejects black-box psychometrics. Scores are derived from explicit, editable rules. Users can trace every output back to logged events and documented assumptions.

Resilience is treated as a dynamic process, not a personality trait. The system captures adaptation, not identity.

Ethical Design Principles

- Self-directed use; not designed for surveillance or behavioral profiling.
- Data ownership remains with the user.

- No opaque scoring models.
- Designed to support wellbeing without medicalization.

Institutional & Sustainability Context

Resilience at the individual level connects to institutional and societal resilience. In complex systems—whether organizations, cities, or governance structures—recovery capacity often determines long-term stability more than peak performance.

Catalyst Grit provides a micro-level analog to broader resilience modeling frameworks within the Sustainable Catalyst ecosystem.

Outputs

- Structured resilience summaries.
- Time-series logs of setbacks and recoveries.
- Exportable records with preserved assumptions and change history.
