



MN SITUATION MAP™

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A structural reading of nature,  
situation, and orientation.

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Based on Steven Rudolph's Multiple Natures® and Renergence™  
Frameworks.

PREPARED

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INSTRUMENT

MN Situation Map

STEWARD

Multiple Natures International

## You made it.

You gave thirty-two years to the fire service — real years, full intensity, people depending on you every shift. Now that structure is gone. This is your Situation Map. It shows what changed when the role stopped asking for the capacities you had been using every day.

*This map describes structure, not character. It is not telling you what kind of person you are. It is showing what your current life asks for, what it no longer asks for, and where the mismatch may be showing up.*

### NATURE

Protective (9) and Providing (8) are the strongest scores. Interpersonal (8) is the main channel. The fire service used that profile at high intensity.

### PRIMARY PRESSURE

Sleep disruption, irritability, drinking pattern change. Rest feels like failure. Restlessness without clear target.

### LOAD CENTERS

Fire service (eliminated). EMT training 8 hrs/week (12% fill). Home self-sufficient. Wife retired, settled.

### OBSERVED PATTERNS

The usual "just relax" explanation does not fit. Consulting is tempting, even though the business side does not appeal. Capacity is looking for a place to go.

### STRUCTURAL RISK

Sleep, drinking, and mood changes may have independent health causes. The role gap and health questions should not be treated as the same thing without clinical assessment.

### LEVERAGE POINT

Protective (9) and Providing (8) are easiest to use inside institutional roles. Financial security means the next role can be chosen for fit, not income.

## What's Really Going On

Your profile points toward sustained institutional care: protecting people, providing what they need, and teaching what they need to know. For thirty-two years, the fire service used those capacities at full intensity. That part was not just a job. It was the structure that made your days make sense.

What retirement removed was not only the paycheck or the title. It removed the container: the thing that decided who needed you, when, and for what. Far fewer people depend on your judgment now. Nobody needs you to show up at 7 AM. Nothing equivalent has replaced it. The sleep problems, irritability, and drinking changes belong in that context, while still needing a medical check.

The misread is simple: *I should be able to relax, so something must be wrong with me.* This map gives you a different explanation. The problem may not be your character. It may be the setup you are living in now.

### **YOUR FIRST MOVE**

Schedule two conversations this week: your doctor, to rule out independent health causes for the sleep, drinking, and irritability changes; and your wife, to talk about what a real role change would mean at home. These are the gate. Nothing important should move until they happen.

## Two Paths Forward

### **BEST STRUCTURAL FIT**

#### **Route A: Institutional Protection-Education**

Find or create one institutional role (25-40 hrs/week) that uses Protective, Providing, Educative through Interpersonal channel.

**HIGH VIABILITY**

### **MORE AUTONOMY, LESS ANCHOR**

#### **Route B: Structured Portfolio**

Build enough structure across 2-3 partial roles (EMT expansion + community protection role + teaching/mentoring).

**MODERATE**

What each route actually asks — and what could go wrong — is in the tabs below.

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## ABOUT YOUR NATURE

The Natures describe what kind of work draws your attention and effort; the Intelligences describe how you process information. Higher scores mean stronger concentration in that area, not greater value. The gap chart shows where your current life is using those capacities, and where it is not.

### Multiple Natures



#### WHAT YOUR MNS SHOW

Your strongest natures organize around responsibility, protection, provision, and practical instruction. The profile is not looking for freedom from obligation; it is looking for a role where the obligation is real enough to matter.

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# ABOUT YOUR NATURE

## Multiple Intelligences

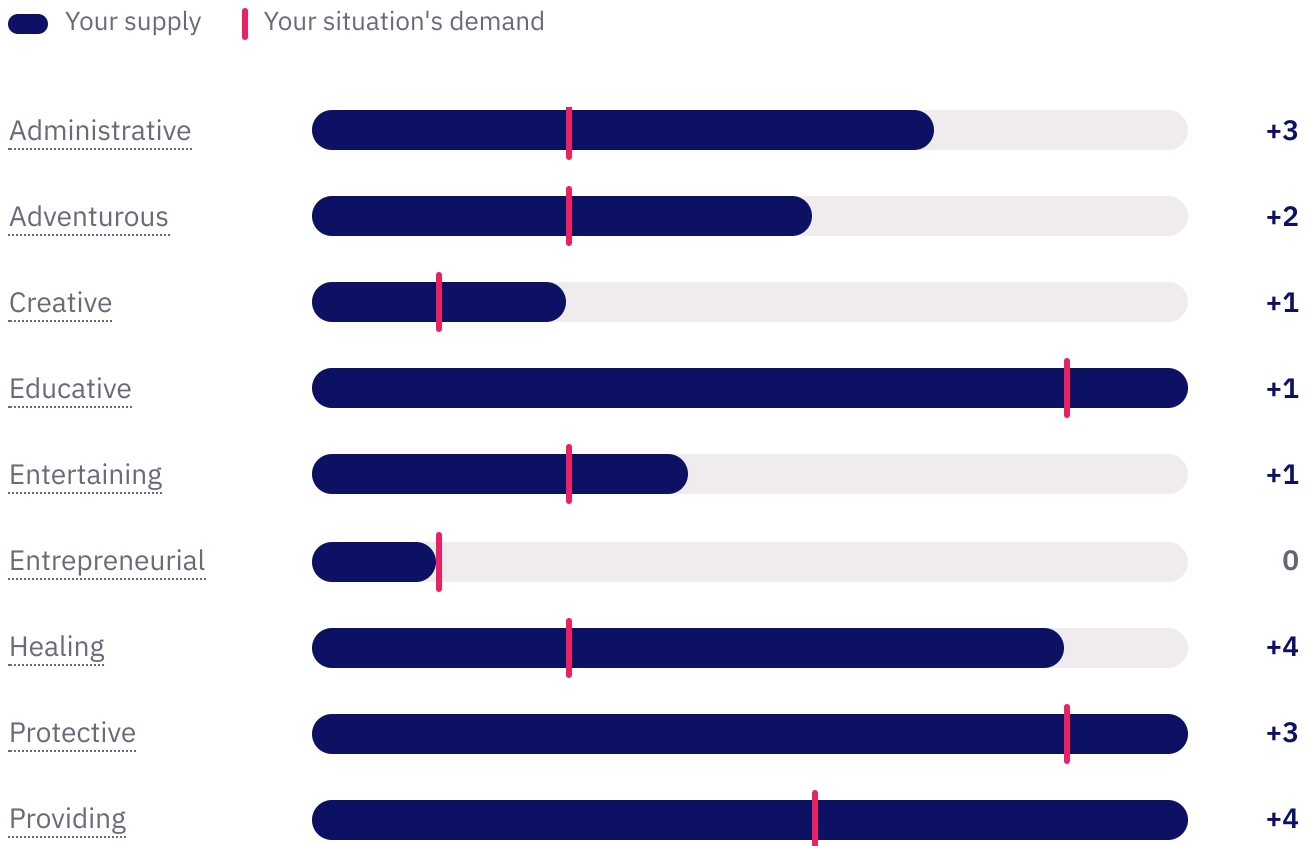


### WHAT YOUR MIS SHOW

You process best through people, physical presence, and practical judgment in live situations. This points away from detached solo work and toward environments where you can read people, act, teach, and correct course.

# Supply and Demand: The Gap

The chart below shows your supply of each nature (solid bar) and what your current situation demands (pink marker). Where they don't match, you feel it.



## What Your Profile Shows

### What Draws Your Attention

Protective (9) and Providing (8) are the center of gravity. For thirty-two years, your work asked for safeguarding people, maintaining operational readiness, and holding a system together so others could depend on it. Educative (7) runs alongside those scores. The EMT training you still do on Saturdays uses all three at once.

### **How You Think and Learn**

Interpersonal (8) is primary: people are the main processing channel. Gross Bodily (7) points toward thinking through physical presence: walking a scene, running a drill, being in the room. Logical (6) and Spatial Visual (6) support operational thinking: spatial judgment, sequence, and fast structural decisions. The combination fits institutional leadership better than solitary desk work.

### **How This Fits Your Current Situation**

The fit is weak. Protective demand in retirement sits around 6: the household is safe, your wife is independent, and your daughter is grown. Providing demand is around 4. Your strongest scores now have less to do. That surplus may be contributing to the restlessness and the belief that something is wrong with you. The first place to look is the structure, not your character.

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## WHAT'S HAPPENING

This section looks at what retirement removed, where the pressure is coming from, and what it may be costing you.

### Your Situation

**57, retired Fire Captain, 32 years service.** Wife: retired nurse. Adult child (33), independent. No debt, owns home, \$340k savings, \$68k/yr pension. Currently doing 8 hrs/week volunteer EMT training. Sleep deteriorating, drinking increased, irritability, restlessness. Wife suggests relaxation.

Nothing has collapsed, but the fit is off. Restlessness has no clear target. Irritability has no obvious cause. Sleep will not come easily. The arrangement functions. It does not use enough of the capacities the fire service used every day.

#### The Core Trap

The trap is that you start treating this as personal failure. You should be able to rest. You should be able to enjoy what you earned. When that explanation takes over, the real problem gets harder to see.

You are looking for a role that uses you at real intensity, while the most visible autonomous option depends on the lowest score in the profile.

*Notice what happens when someone asks what you do — you say "retired." Not "training EMTs." Not "looking for institutional work." The word you reach for tells you which frame is winning.*

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# What This Is Not

This map does not settle the medical question. It separates that question from the structural one. The misread is: *I should be able to relax, and something is wrong with me because I can't.* What follows looks at the structural side.

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## THE DEEPER READ

### NATURE: SUPPLY MEETS LOW DEMAND

**Protective supply (9), demand (~6). Providing supply (8), demand (~4).**

**Healing supply (6), demand (~2).** Much of the care capacity that used to have a formal place now goes unused. Your household is self-sufficient, your wife is independent, and your adult child does not need daily care from you. The EMT work uses part of the Healing score, but 8 hours a week is a small container.

**The surplus across your care natures is not just boredom.** The sleep disruption, irritability, and drinking changes may have several causes. Structurally, they are appearing at the same time that the work requiring your strongest scores has disappeared.

You can test this in real time: *Notice what you do with a free afternoon. If you check the garage, reorganize something that does not need reorganizing, drive somewhere and come back, the question is not whether you know how to rest. The question is whether the day gives your care capacity anywhere useful to go.*

### ☰ SITUATION: NO INSTITUTIONAL CONTAINER

**The fire service held your schedule, determined who needed you, set expectations, and created urgency.** It decided for you. EMT training at 8 hrs/week fills a small part of that capacity. No role has replaced the rest.

*Test this:* Track one week. Count the hours where someone depends on your judgment, not your company. Under 10 confirms the gap.

### ⊕ ORIENTATION: FIGHTING THE FRAME

**The surrounding frame is personal.** Retirement is supposed to feel like freedom. Rest is supposed to feel good. When it does not, the default explanation becomes mood, discipline, or appreciation.

**Your actions point elsewhere.** You are considering consulting despite hating the business side. You are looking for an outlet because the scores that were useful in the fire service still need a real place to operate.

*Test this:* Notice who agrees when you say "I need to do something" – and whether they offer you a role or offer you advice. The difference tells you who understands the problem.

# Test This Reading

## The Wife Conversation Question

Ask your wife one question: "When I was working, what was I like to live with?"

### Listen for:

- **If she describes someone difficult but alive** — the fire service may have been using your strongest capacities, even if that intensity was taxing at home.
- **If she describes someone who was the same as now** — these symptoms may have independent health causes.
- **If she describes someone better** — the gap is worth taking seriously. The old role may have contained capacities this one does not.

# What It's Costing You Right Now

- **Your days have no weight.** You wake up without anyone depending on your judgment. EMT training fills 8 hours a week — one day. The other six days, you are managing a house that runs itself, filling time that used to be filled for you. The hours pass. They do not accumulate into anything.
- **Your body is registering the change.** Sleep is deteriorating. Drinking is increasing. Irritability rises because the "just relax" explanation does not match what you are experiencing. The medical question still needs its own answer.
- **Your marriage is absorbing the pressure.** Your wife wants you to enjoy retirement. You want a role. Neither of you is wrong. But if the only frame is that your mood needs fixing, the conversation will keep missing the structural question.
- **If nothing changes in the next twelve months, the cost is quiet acceptance.** The risk is that you gradually stop expecting retirement to feel different. You become a retired person who used to be a Fire Captain, and that past tense starts to feel permanent. That belief is expensive because it turns a role change into an identity change.

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## YOUR OPTIONS

Two real paths forward. Each one is laid out so you can see what it asks of you, what changes, and what could go wrong.

## What's Fixed and What's Movable

### FIXED

You cannot create the fire service again.  
Your wife is settled and has no dependency on you for income or care. The low Entrepreneurial score (1) makes solo consulting or business ownership a poor fit.

### MOVABLE

Role and intensity (part-time to full-time).  
Institutional context (training centers, hospitals, nonprofit leadership, community protection roles). Combination of roles (one primary + one partial). Financial necessity (you have none — choose for fit).

# Route Comparison

	<b>Route A: Institutional Protection-Education</b>	<b>Route B: Structured Portfolio</b>
<b>What gets easier</b>	People depend on you again. The structure makes the days. Sleep settles.	You design the portfolio yourself. Less intensity, more control.
<b>What gets harder</b>	Hierarchy, someone else's priorities, institutional politics. After thirty-two years as Captain, taking direction.	Holding three partial structures together. If one fails, you manage the others while filling the gap.
<b>Likely income</b>	\$50k-\$75k/year (part-time institutional role). Plus pension = \$118k-\$143k total.	\$20k-\$45k total across roles. Plus pension = \$88k-\$113k total. Less income, more autonomy.
<b>Timeline</b>	2-4 months to find and transition into a role	3-6 months to build and stabilize the portfolio
<b>Main risk</b>	You discover that institutional work without the fire service identity does not feel the same. The role fits, but it's not home.	Spreading across three streams means you never feel fully committed to any one. You build a portfolio but lose the institutional anchor.
<b>Best sign it's working</b>	Wednesday, 7 AM, twenty people counting on you. You drive home tired in a way that makes sense.	A week across three roles and none feels like obligation. Each uses a different part of the profile.
<b>Viability</b>	<b>HIGH VIABILITY</b>	<b>MODERATE</b>

# Full Route Details

## Full details: Route A – Institutional Protection-Education Role

**Core move:** Find one institutional role (25-40 hrs/week) that uses Protective, Providing, Educative through Interpersonal channel.

**What this asks:** You accept institutional constraints again: hierarchy, someone else's priorities, operational politics. After thirty-two years as Captain, taking direction is a real shift. But the role gives the days a shape, and the health markers can be watched as the structure changes.

**Where to look:** Fire academy instructor, community college emergency response instructor, hospital safety officer, nonprofit training director, EMS leadership, emergency management agency roles.

**Likely income:** \$50k–\$75k (part/full-time) + \$68k pension = \$118k–\$143k/year.

**Risks:** Institutional work without the fire service identity may not anchor emotionally. Or the constraints feel like punishment, not structure. Watch for this in the first three months.

**False positive to watch for:** You accept a role and feel immediate relief — but relief from restlessness is not the same as structural fit. The first month will feel good because anything is better than idle. Relief is not fit. Fit takes ninety days to confirm.

**Keep going if:** after 90 days, people depend on your judgment and you are sleeping through the night. **Revise if:** after 90 days, you are showing up but counting the hours until you leave.

**Test this month:** Schedule informational interviews with three people in institutional training or leadership roles. Ask: What does a Wednesday morning look like? What do people depend on you for? Does the institutional structure feel like home or constraint?

## Full details: Route B – Structured Portfolio

**Core move:** Build enough structure across 2-3 partial roles: EMT expansion (25-30 hrs/week), community protection role (8-15 hrs/week), mentoring or teaching (5-10 hrs/week).

**What this asks:** You carry the mental load of holding three partial structures together. No institution handles scheduling for you. More autonomy than Route A, but you build the container yourself.

**Likely income:** \$28k–\$55k across roles + \$68k pension = \$96k–\$123k/year. Less than Route A, more autonomy.

**Risks:** Spreading across three roles means you may never feel fully anchored in any one. You build something that looks like structure but none of the pieces is substantial enough to replace the fire service.

**False positive to watch for:** Expanding EMT hours feels productive. But track whether you are building toward a portfolio or just adding hours to avoid the institutional question. Busyness is not structure.

**Keep going if:** after 60 days, each role uses a different part of the profile and none feels like obligation. **Revise if:** after 60 days, you are managing logistics across three roles and none of them feels like home.

**Test this month:** Expand EMT training to 2 shifts/week instead of one. Track whether the increased time in that role feels like restoration or just more scheduling. If it feels like restoration, Route B is viable. If it feels like obligation, Route A is the answer.

# Decision Rules

Do not choose the path that depends on the lowest score in the profile.

Consulting, business development, and sales all require sustained Entrepreneurial work. With Entrepreneurial at 1, a route organized around marketing yourself or building a practice is structurally weak.

You need:

- A role where someone else handles enrollment, scheduling, administration
- Clear institutional structure or agreed-upon partnership framework
- Work that uses Protective, Providing, Educative through Interpersonal channel
- An expectation that someone depends on you

## The sequence:

1. **Now:** Doctor appointment + wife conversation. These are the gate. Nothing else should move until they happen. The doctor rules out independent health causes. The wife conversation establishes what a role change would mean for both of you.
2. **Next (weeks 2–4):** Informational interviews for Route A – three institutional roles that match your profile. Expand EMT to two shifts per week to test Route B. Gather information. Do not commit.
3. **Not yet:** Do not commit to any role until the health assessment is complete and the wife conversation has happened. Commitment before clarity – especially to consulting – is the misread locking in.

### When this map needs a refresh

- You complete the doctor and wife conversations and they change the structural understanding
- A specific institutional opportunity materializes that meets the Route A criteria
- Your wife's position on your work changes — either she objects to a route or supports one more than before
- Your health improves or worsens in ways that affect what you can commit to
- You test Route B (expanded EMT) and the result is clear

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## The Route to Avoid

### Consulting or Solo Practice

Start a consulting business, develop your own program, build a client base. On paper, it gives you autonomy. In practice, it depends on the lowest score in the profile. This is the misread made into action: because rest does not work, you reach for the most visible autonomous option. But autonomy is not the missing piece. Structure is.

**The self-catch signal:** You find yourself researching consulting frameworks, drafting a business plan, or pricing your services — before you've had the doctor appointment or the wife conversation. Before you've tested Route B. Before you've tried institutional work. If you notice yourself doing that, stop. The problem was never what to do. It was where to be needed.

# What You're Building Toward

A Wednesday where you show up at the training center at 7 AM and twenty people are counting on you being there. You run the morning session, handle a problem a junior instructor couldn't solve, eat lunch with colleagues who know your name. You drive home tired in a way that makes sense. Your wife asks how your day was and you have something to say. You haven't thought about consulting in weeks. You sleep through the night.

That is the test: Protective 9 and Providing 8 have somewhere real to go every morning.

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*This map shows structure, not answers. Retirement did not break you. It removed the role that had been using your strongest capacities every day. The doctor appointment and the wife conversation are the gate. Everything else follows from what those two conversations make clear.*

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