



RESONANCE LAB

ACT TOOLKIT



BUILD — 08 of 09

Build 08 — Act

THE MOVE

The plan becomes real here. The intervention that gets delivered is something built to teach — like an experience or a curriculum; something built to shift how a community or institution understands itself — like a strategy or a narrative; or some combination of these things. The **amplitude (A)** of this intervention — the intensity of the resources committed — gives whoever receives it something to respond to.

GROUNDING METHOD

Delivery is grounded in implementation science, specifically the Consolidated Framework for Implementation Research (CFIR) — a determinant framework used to predict and explain the real barriers and facilitators to whether a planned intervention actually succeeds once delivered, not just whether it was well designed.

Grounded in: **The Consolidated Framework for Implementation Research (CFIR)** — among the most widely applied implementation science frameworks.

This is the approach Resonance Lab defaults to. The right depth and technique for a given engagement — timeline, budget, and who the actual stakeholders are — is a scoping conversation, not a fixed requirement.

The Instruments — Act

Two templates, matched to what Plan actually decided.

1. Experience / Curriculum Template

→ [A8.1](#)

For interventions built to teach. State the amplitude — the actual resources committed — explicitly.

2. Narrative / Positioning Template

→ [A8.2](#)

For interventions built to shift understanding. State plainly what is shifting, from what, to what.

3. Implementation Readiness Check

→ [A8.3](#)

A barriers-and-facilitators check drawn from CFIR, run immediately before delivery.

This toolkit is one of nine. Full walkthrough: labresonance.com/method

A8.1 — Experience / Curriculum Template

BEFORE YOU START

What this is: A delivery template for interventions built to teach — an experience or a curriculum, per the Act narrative.

When to use it: When A7.2's decision log points toward a teaching-based intervention.

How to use it: State the amplitude — the actual resources committed — explicitly. CFIR is specific that intervention characteristics like this directly predict implementation success.

Source: [The Consolidated Framework for Implementation Research \(CFIR\) User Guide](#)

☐ What gets taught, and to whom

☐ Resources committed — amplitude, stated concretely

☐ Delivery format and timeline

A8.2 — Narrative / Positioning Template

BEFORE YOU START

What this is: A delivery template for interventions built to shift how a community or institution understands itself — a strategy or a narrative.

When to use it: When A7.2's decision log points toward a narrative-based intervention rather than a teaching-based one.

How to use it: State plainly what understanding is shifting, from what, to what — vague positioning work is the hardest kind to evaluate honestly in 09.

Source: [The Consolidated Framework for Implementation Research \(CFIR\) User Guide](#)

☐ What understanding is shifting, and for whom

☐ From what current understanding, to what intended one

☐ Resources committed — amplitude, stated concretely

A8.3 — Implementation Readiness Check

BEFORE YOU START

What this is: A barriers-and-facilitators check drawn from CFIR's own framework — used immediately before delivery to catch what could derail implementation regardless of how well the intervention itself was designed.

When to use it: Last, right before Act actually happens.

How to use it: CFIR's own research is explicit that a well-designed intervention still fails without addressing real-world implementation context — this check exists specifically to catch that gap.

Source: [The Consolidated Framework for Implementation Research \(CFIR\) User Guide](#)

☐ **Known barriers to delivery, and how each is being addressed**

☐ **Facilitators already present that delivery can lean on**

Glossary

The physics, and what it means in practice. Every linked term across this document points here.

PHYSICS	PRACTICE
Medium What a wave travels through	Medium A community, organization, or society — already has its own rhythms and ways of organizing
Wave A disturbance that transfers energy through a medium	Wave Any program, policy, or strategy entering a community, organization, or society
Frequency (f) Number of wave cycles per second (Hz)	Community Frequency The rate at which a community, organization, or society repeats its core rhythms Measured by: participation rates, cultural retention indicators where participatory; usage or administrative records where not.
Frequency (f) Number of wave cycles per second (Hz)	Intervention Frequency The rate at which an introduced program, policy, or strategy repeats its own rhythm Measured by: program schedule and cadence; funding or renewal cycles.
Wavelength (λ) Distance of one full wave cycle (m)	Community Wavelength The reach of one full cultural cycle across people, geography, and generations Measured by: cultural spread, intergenerational transmission where participatory; demographic or geospatial distribution where not.
Velocity (v = fλ) How fast a wave's energy moves through the medium	Community Velocity How fast meaning and knowledge move through a community's own networks Measured by: response time to cultural events where participatory; network density or digital logs where not.
Amplitude (A) The energy or intensity of the driving force	Amplitude The intensity of resources actually committed to an intervention Measured by: dollars committed, people reached, frequency and duration of contact. <i>High amplitude with the wrong frequency is loud dissonance, not resonance.</i>

Glossary (continued)

PHYSICS	PRACTICE
f_community = f_intervention When frequency of wave matches frequency of medium	Resonance When the frequency of an intervention matches the natural frequency of a community Measured by: uptake, sustained engagement, trust where participatory; adoption or usage metrics where not. <i>If the community resonates with and amplifies the intervention, social transformation can take shape.</i>
f_beat = f_c - f_i When frequency of wave does not match frequency of medium — audible beating	Dissonance The gap between the frequency of a community and whatever is currently acting on it Measured by: drop-off and pushback where participatory; divergence in statistical or geospatial measurements where not.
A' > A at resonance Growth in a driven system's own response amplitude, greatest at resonance	Amplification What a community does with an intervention, if it resonates — carrying it further than what was put in Measured by: continued use after the engagement ends; adoption or replication beyond original delivery. <i>This is the mechanism behind social transformation — not the resources committed, but what the community does with them.</i>

Bibliography

Sources cited in the Act Toolkit.

Build 08

[The Consolidated Framework for Implementation Research \(CFIR\) User Guide](#)

the cycle continues –

RESONANCE LAB

The Resonance Method – Act Toolkit

Extracted from The Score – 2026

Grounded in The Consolidated Framework for Implementation Research (CFIR) – among the most widely applied implementation science frameworks.

Full sources: Bibliography, previous page. Term definitions: Glossary.

© 2026 Resonance Lab LLC. All rights reserved.