



RESONANCE LAB

PLAN TOOLKIT



Build 07 — Plan

THE MOVE

From that diagnosis, the intervention gets decided. This may mean adjusting programs, policies, or strategies that already exist, proposing something new, or a combination of both. What gets planned is the intervention itself — and it carries a frequency of its own, designed to meet the community's. Matched frequencies do not just coexist; when they align, they reinforce each other. That is **resonance** (**f_community = f_intervention**), and a plan is the deliberate attempt to reach it by closing the dissonance.

GROUNDED METHOD

Planning what to build is grounded in participatory Theory of Change — a method developed using participatory approaches with all relevant stakeholders, who identify and jointly decide what to evaluate and how, rather than a plan handed down from an analyst's diagnosis alone. A Theory of Change makes explicit how the planned intervention is expected to close the measured gap, not just that it should.

Grounded in: **Cassetti & Paredes-Carbonell (2020)** — Theory of Change: A Tool for Participatory Planning and Evaluation in Community Health.

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 — Plan

A participatory Theory of Change, built from the diagnosis in Translate 06 — Findings.

1. Pathway Mapping

→ A7.1

Map how the planned intervention is expected to close the measured gap — each link in the chain made explicit, not assumed.

2. Adjust, Build New, or Both — Decision Log

→ A7.2

Record which path was chosen, and why — this becomes what Reflect checks the actual outcome against.

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

A7.1 — Pathway Mapping

BEFORE YOU START

What this is: The core artifact of Theory of Change — a visual map of how the planned intervention is expected to lead to the outcomes the diagnosis calls for, with each link in the chain made explicit rather than assumed.

When to use it: Right after Translate 06 — Findings's diagnosis is in hand, before any specific intervention gets finalized.

How to use it: Fill this in with the same stakeholders who produced the diagnosis — a Theory of Change built by an analyst alone loses the participatory grounding this whole Score is built on.

Source: [Cassetti & Paredes-Carbonell – Theory of Change: A Tool for Participatory Planning and Evaluation](#)

Map the pathway from the diagnosis to the intended outcome.

The diagnosis this responds to

What needs to change, and why this is expected to close the gap

Expected outcome, stated as a testable claim

A7.2 — Adjust, Build New, or Both — Decision Log

BEFORE YOU START

What this is: A record of the actual decision behind what gets built — adjusting something that already exists, proposing something new, or both.

When to use it: Once A7.1's pathway is mapped, before Act begins.

How to use it: State the reasoning plainly — this record is what Reflect in 09 checks the actual outcome against.

☐ **Adjusting an existing program, policy, or strategy**

☐ **Proposing something new**

☐ **A combination of both — and why**

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 ($v = f\lambda$) 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 Plan Toolkit.

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[Cassetti & Paredes-Carbonell — Theory of Change](#)

the cycle continues —

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The Resonance Method — Plan Toolkit

Extracted from The Score — 2026

Grounded in Cassetti & Paredes-Carbonell (2020) — Theory of Change: A Tool for Participatory Planning and Evaluation in Community Health.

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

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