

THE DAILY ANCHOR

LOW-DEMAND STRUCTURE // TRIPOD PROTOCOL

DATE: []
CAPACITY: []

SYSTEM WARNING: DO NOT ADD A 4TH ITEM. STABILITY IS THE ONLY GOAL.

01 // THE STRUCTURAL TRIAD

1. THE ANCHOR

OUTPUT [MUST DO]

*The single task that makes today "count."
Specifics only.*

2. HULL REPAIR

BODY [MAINTENANCE]

*Water, meds, shower, or sleep. Pick one
essential repair.*

3. THE SPARK

INPUT [DOPAMINE]

*Required fuel. Not earned. What is the
guaranteed reward?*

02 // DRIFT CONTROL RULES

PROTOCOL CONSTRAINTS

- **No 4th Item:** If you do the 3 anchors, you are free.
- **Specifics Only:** "Clean house" is illegal. "Wash mugs" is valid.
- **Mandatory Fun:** You cannot skip the dopamine step.

E.O.D. CHECKOUT

- ANCHOR DROPPED
- HULL REPAIRED
- SPARK IGNITED

03 // OPTIONAL LOG

DRIFT NOTES (BONUS ONLY)

Did you end up doing extra? Log it here. If not, leave blank.
