

TASK INITIATION PROTOCOL

EXECUTIVE FUNCTION OVERRIDE

DATE: []
TIME: []

01 // DIAGNOSTIC SCAN

CONFUSION

[]

"I don't know where to start. Nothing feels like the right first move."

FEAR

[]

"If I start, I'll mess it up. I'm not ready for it to be real yet."

LOW DOPAMINE

[]

"It feels physically painful or impossibly boring to look at."

BODY NEEDS

[]

"I feel foggy, irritable, or empty. Brain is running through syrup."

02 // GENERATE OVERRIDE CODE

PROTOCOL: CONFUSION // SIMPLIFICATION

DEFINE THE MICRO-STEP (SMALLEST PHYSICAL MOVEMENT)

PROTOCOL: FEAR // PERMISSION TO FAIL

PERMISSION STATEMENT ("I AM ALLOWED TO MAKE A DRAFT THAT...")

PROTOCOL: LOW DOPAMINE

SENSORY CONFIGURATION (ADD STIMULATION)

PROTOCOL: BODY NEEDS // MAINTENANCE

WATER
PROTEIN
15M RESET

03 // IGNITION SEQUENCE

ENVIRONMENT SETUP

[] PHONE SILENCED

[] TIMER SET (25M)

[] START TIME: __ : __

MOMENTUM CHAIN (FIRST 3 ACTIONS)

01.

02.

03.