WAITING MODE OVERRIDE

TEMPORAL CONTAINMENT PROTOCOL

DATE: [ ]
EVENT: [ ]

SYSTEM MESSAGE: THE APPOINTMENT IS CONTAINED. YOU ARE ALLOWED TO USE THE CURRENT TIME.

01 // DEFINE THE ANCHOR

APPOINTMENT TIME	MINUS PREP & TRAVEL	CRITICAL "GO TIME"
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02 // TRUST PROTOCOL (EXTERNAL BRAIN)

☐ ALARM SET FOR GO TIME

By checking this box, I give my brain permission to stop tracking time manually.

03 // SAFE MODE TASK MENU

APPROVED TASKS (INTERRUPTIBLE)

Low stakes. Can be stopped instantly when the alarm rings. (e.g., Laundry, Emails, Youtube).

PROHIBITED TASKS (RISKY)

Requires "Flow State" or sleep. Do not start these. (e.g., Nap, New Project, Deep Coding).