

ARCHITECT'S OPERATING KIT

Eight instruments for audit, reset, pact, relapse, and calibration.

MANDATE

Print this. Fill it. Re-test at Day 30 and Day 90. The first score measures your life; every re-test measures your system.

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01 ARCHITECT INDEX SCORESHEET

Ten questions. Score 0, 5, or 10 against the last 7 days. Intake allows estimates. Re-tests use instruments.

01 Terrain:	Staged nightly, sightline clean / Sometimes / Never - or what staging?	0 / 5 / 10
02 The Bedroom:	Charging outside bedroom / In room, out of arm's reach / Within reach of bed	0 / 5 / 10
03 The Requirement:	Written and behavior ran >=5 of last 7 / Written, rarely executed / No written requirement	0 / 5 / 10
04 First Input:	6-7 mornings / 3-5 mornings / 0-2 mornings	0 / 5 / 10
05 The Pickup Count:	50 or fewer / 51-100 / Over 100 or never looked	0 / 5 / 10
06 The Gap:	Work starts faster - measured / Within a minute / Distraction or unknown	0 / 5 / 10
07 The Repetition:	6-7 days / 3-5 days / 0-2 days	0 / 5 / 10
08 The Floor:	6-7 nights at 7+ hours / 3-5 nights / 0-2 nights	0 / 5 / 10
09 The Automation:	Automated untouched / Manual consistent / Whatever survives the month	0 / 5 / 10
10 The Room:	Engineered upward / Mixed unexamined / Mostly downward	0 / 5 / 10

RE-TEST GRID

INTAKE	DAY 30	DAY 90	QUARTERLY
Score: _____ Band: _____	Score: _____ Band: _____	Score: _____ Band: _____	Score: _____ Band: _____

02 OPERATING LOOP DAILY CARD

MORNING ARCHITECTURE - 10 MIN

Force Map: environment / expectation / friction / time

Three Targets: 1) _____ 2) _____ 3) _____

Target 1 Location: _____

Friction Applied: _____

Earned Reward: _____

Threat Routing: threat + pre-written routing sentence

EVENING CALIBRATION - 5 MIN

Target Audit: ____ / 3. Each miss typed SYSTEM or EXECUTION.

Gap Log: _____

Floor Check: sleep / movement / fuel

System Patch: one rule, installed tonight.

Rule: _____

Installed at: _____

03 MASTER BLUEPRINT OS

12-MONTH REQUIREMENT + REQUIREMENT TEST LINE

DAILY BASELINE + MINIMUM VIABLE VERSION

FIVE STANDARDS: INPUT / ENVIRONMENT / EXECUTION / RELATIONSHIPS / RECOVERY

FRICTION LAYER: TOP DISTRACTION + 3 BARRIERS; TOP ACTION + STAGING

CONSEQUENCE ARCHITECTURE: COST / ENFORCER / STAKE

INSPECTION SCHEDULE: DAILY / WEEKLY / QUARTERLY / ANNUAL

CRISIS VARIANT

FIRST ACTION + EXECUTED TIME

04 48-HOUR RESET PROTOCOL

HOURL -1 STAGING

Remove access. Stage the target. Notify the pact if used. Phantom-reach tally: ____

0-6 RESTLESSNESS

Phantom reach begins. Tally every reach. No substitution. Phantom-reach tally: ____

6-18 THE NEGOTIATION

The system argues for partial access. Refuse partial access. Phantom-reach tally: ____

18-30 THE TROUGH

Low signal. Low mood. Maintain floor behavior only. Phantom-reach tally: ____

30-48 SIGNAL RETURN

Direct restored attention into one important action. Phantom-reach tally: ____

HOURL 48 EXIT RITUAL

Audit breaches. Install one new barrier. Re-enter normal operating mode. Phantom-reach tally: ____

BROKEN-RESET RULE

Restart at the next hour boundary, never tomorrow.

05 SUNDAY FRICTION AUDIT

TOP 3 BREACHES	FAILED FRICTION LAYER	NEW STRUCTURAL MANDATE	EXECUTED AT

LEDGER CHECK

Mental deep-work hours vs. floor

Physical nights at sleep floor

Financial quarantine breaches

Skill hours

06 PACT AGREEMENT

PARTY A BLUEPRINT SUMMARY

PARTY B BLUEPRINT SUMMARY

SYMMETRIC STAKES

24-HOUR BREACH-REPORTING RULE: UNREPORTED BREACH = DOUBLED STAKE

FIXED WEEKLY REVIEW SLOT

90-DAY TERM

DISSOLUTION TERMS

20-MINUTE PACT REVIEW AGENDA

0-5 Numbers Exchange / 5-10 Cross-Inspection / 10-15 The Single Patch / 15-20 Settlement - no forgiveness clause.

07 RELAPSE PROTOCOL CARD

WALLET CARD

DECLARE: log one line, hour 0-1.

FLOOR: MV baselines only, hours 1-24.

FORTRESS: audit + reinstall, 24-48.

FIX: find failed layer, install structural fix, 48-72.

ESCALATION LADDER

1 miss -> recalibrate ≤ 60 min

Repeat in 7 days -> redesign layer ≤ 24 h

3+ dark days -> full protocol

08 WEEKLY SYSTEM CALIBRATION GRID - WEEK 1

VARIABLE	MON	TUE	WED	THU	FRI	SAT	SUN
INPUT	☐	☐	☐	☐	☐	☐	☐
ENVIRONMENT	☐	☐	☐	☐	☐	☐	☐
EXECUTION	☐	☐	☐	☐	☐	☐	☐
RECOVERY	☐	☐	☐	☐	☐	☐	☐

BREACH: _____

RECALIBRATION: _____

WEEK ADHERENCE: ____ / 28. PASS >=25. _____

08 WEEKLY SYSTEM CALIBRATION GRID - WEEK 2

VARIABLE	MON	TUE	WED	THU	FRI	SAT	SUN
INPUT	☐	☐	☐	☐	☐	☐	☐
ENVIRONMENT	☐	☐	☐	☐	☐	☐	☐
EXECUTION	☐	☐	☐	☐	☐	☐	☐
RECOVERY	☐	☐	☐	☐	☐	☐	☐

BREACH: _____

RECALIBRATION: _____

WEEK ADHERENCE: ____ / 28. PASS >=25. _____

08 WEEKLY SYSTEM CALIBRATION GRID - WEEK 3

VARIABLE	MON	TUE	WED	THU	FRI	SAT	SUN
INPUT	☐	☐	☐	☐	☐	☐	☐
ENVIRONMENT	☐	☐	☐	☐	☐	☐	☐
EXECUTION	☐	☐	☐	☐	☐	☐	☐
RECOVERY	☐	☐	☐	☐	☐	☐	☐
BREACH: _____							
RECALIBRATION: _____							
WEEK ADHERENCE: ____ / 28. PASS >=25. _____							

08 WEEKLY SYSTEM CALIBRATION GRID - WEEK 4

VARIABLE	MON	TUE	WED	THU	FRI	SAT	SUN
INPUT	☐	☐	☐	☐	☐	☐	☐
ENVIRONMENT	☐	☐	☐	☐	☐	☐	☐
EXECUTION	☐	☐	☐	☐	☐	☐	☐
RECOVERY	☐	☐	☐	☐	☐	☐	☐

BREACH: _____

RECALIBRATION: _____

WEEK ADHERENCE: ____ / 28. PASS >=25. _____

FILLED EXEMPLAR DAY

Tue breach: phone at desk 09:12. Fix: phone locked in car 09:18. Timestamp: 09:18. This is what honest data looks like.