The five habits

The practice that builds discernment is smaller than most founders expect and more consistent than most founders manage. Run weekly, for long enough that the habits stop being habits and become how you operate.

1

The weekly diagnostic

Thirty protected minutes, once a week. Place yourself on the four-phase framework with reasonable honesty: which phase was last week, where did the body's account show up, and where was it ignored. The output is not a list of fixes. The output is a reading, and the reading itself is the work.

2

The protected morning

The morning is the part of the day most under your own control, before the comms environment reasserts itself. Hold the line. What you do with the morning is yours to choose; the point is that the morning has been removed from the override's available territory.

3

Claude in the practice

Two legitimate uses: a thinking partner that asks better questions of you than you ask yourself, and an execution layer for work you have decided does not need your hands. The condition for both is that you have done the sorting first. Undirected, Claude fills whatever shape your day already has.

4

The body's account

Bring the body's data into the diagnostic alongside the operational data: how the week's sleep behaved, how the energy curve sat, where the residue gathered. This data is already being generated. The practice is the choice to read it.

5

Act on what surfaces

The habit most attempted and fewest sustain. Acting on the reading is rarely large: a piece of work refused, a calendar restructured, a postponed conversation had. Founders who act on the reading shift toward phase one over months. Founders who collect readings without acting drift sideways for years.

The practice is the work. The practice does not become finished.