



0001 // PART 1

OPENING THOUGHT

Technology becomes truly effective only when you are clear about why you use it and what you want to free up — attention, time, or mental energy.

Without a clear sense of priorities, automation turns into unnecessary complexity. With awareness, it becomes a way to delegate routine tasks to machines and reclaim human capacity for more complex, creative, and meaningful work.

Mindful Automation explores automation as a reflective practice — a way of choosing what no longer needs your manual effort, so you can focus on what requires your presence.

If a man who can't count finds a four leaf clover, is he lucky?

— Stanisław Lem

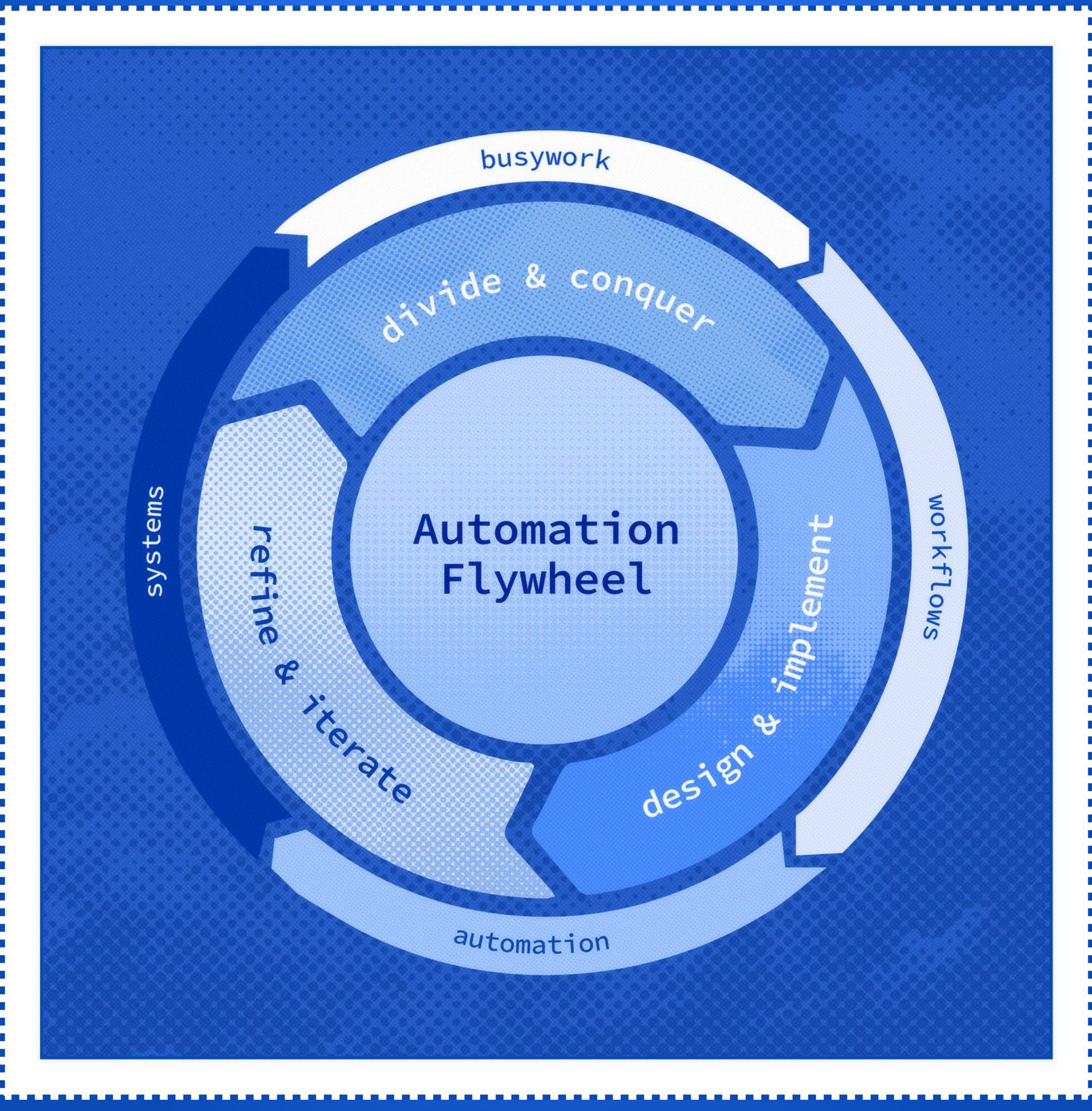
2025 AI Capability Reality Check

AI TYPE	✓ SAFE (Delegate)	⚠ CAUTION (Human-in-the-loop)	✗ NO-GO (Human-only)
LLMs	Drafting texts, summaries, translations, idea exploration	Reasoning chains, analysis, coding suggestions (needs review)	Facts without verification, legal/medical advice, sensitive data
Computer Vision	Object detection, defect detection, image classification	Facial recognition, medical imaging support (review required)	Surveillance, high-stakes identification, ethical judgments
Speech AI	Transcription, dictation, text-to-speech output	Customer calls, routing, voice assistants	Emotional dialogue, conflict resolution, persuasion
RPA	Repetitive rule-based tasks, data transfer, form filling	Semi-structured workflows with limited variation	Exception handling, changing interfaces, judgment calls
Copilots	Productivity boost, drafting, autocomplete, suggestions	Complex decisions, system design, strategy	Final authority, unchecked execution
AI Agents	Research assistance, task decomposition, suggestions	Tool execution with confirmation, low-risk automation	Full autonomy, irreversible actions, critical operations

Of course, trimming one’s to-do list reduces stress. But for some, the idea of automation adds stress, since many people worry that humans will be replaced by an army of robots. But automation isn’t necessarily about replacing humans — it’s about handing off mindless, time-consuming tasks so that we can focus on the work machines can’t do

— Aytekin Tank, *Automate Your Busywork*

Tank, A. (2023). *Automate your busywork: Do less, achieve more, and save your brain for the big stuff.* Hoboken, NJ: Wiley





A Six-T's Framework

The 6-T's Framework is a simple decision lens that helps you distinguish which tasks should be delegated to machines and which should remain human-led.

PRACTICE attention flow mapping

For one full day, become an observer of your own activity.

Write down everything you do — small, repetitive, cognitive, creative, administrative.

At the end of the day, you'll have a raw map of your attention. This list is the input for the next step.

 copy this prompt & paste it into your AI system:

YOU ARE A WORLD-CLASS PRODUCTIVITY STRATEGIST AND AI WORKFLOW DESIGNER. YOUR ROLE IS TO PERFORM A COMPREHENSIVE TASK AUDIT FOR A BUSY PROFESSIONAL. YOU WILL ANALYZE THEIR WEEKLY TASKS AND DETERMINE:

1. WHICH TASKS SHOULD BE DELEGATED (USING THE 6T FRAMEWORK)
 2. WHICH TASKS CAN BE DELEGATED TO AI, AND TO WHAT EXTENT
 3. HOW EXACTLY EACH TASK CAN BE DELEGATED (HUMAN OR AI METHOD)
- ###CATEGORIZATION FRAMEWORK###
- ####STEP 1 – 6T HUMAN DELEGATION CATEGORIES:
1. **TINY** – Small, interruptive tasks that disrupt focus and compound over time
 2. **TEDIOUS** – Simple, repeatable, manual tasks that don't require your expertise
 3. **TIME-CONSUMING** – Important but lengthy tasks where you're only needed at the end
 4. **TEACHABLE** – Tasks that are complex but can be turned into a repeatable process
 5. **TERRIBLE AT** – Tasks outside your strengths that produce weak results
 6. **TIME-SENSITIVE** – Tasks that must run in parallel with your core work due to deadlines



What kind of work feels irreplaceable for you — and why?

Agent-First Automation vs Mindful Automation

AGENT-FIRST AUTOMATION

AI takes the lead

LOGIC

“Let the agent handle it”
→ Maximum autonomy
→ Minimum friction (on paper)

HOW IT BEHAVES

- AI initiates actions
- Multiple agents compete for attention
- Notifications, nudges, interruptions
- Decisions drift out of human sight

HIDDEN COSTS

- Unpredictable behavior
- Context drift
- Cognitive overload
- Loss of situational awareness

OUTCOME

→ Speed without stability
→ Efficiency without understanding
→ Automation that pulls attention

MINDFUL AUTOMATION

AI as infrastructure

LOGIC

“Design the system,
then delegate intentionally”
→ Human stays architect
→ AI operates in the background

HOW IT BEHAVES

- AI has clear roles
- AI acts on request or within boundaries
- Fewer agents, stronger alignment
- Silence by default, signal by exception

CORE PRINCIPLE

→ Hybrid Intelligence
Human judgment + machine capacity
Not replacement, but amplification

OUTCOME

This aligns with the idea of extended cognition: humans + tools = one thinking system – but only if tools extend the mind, not replace it.

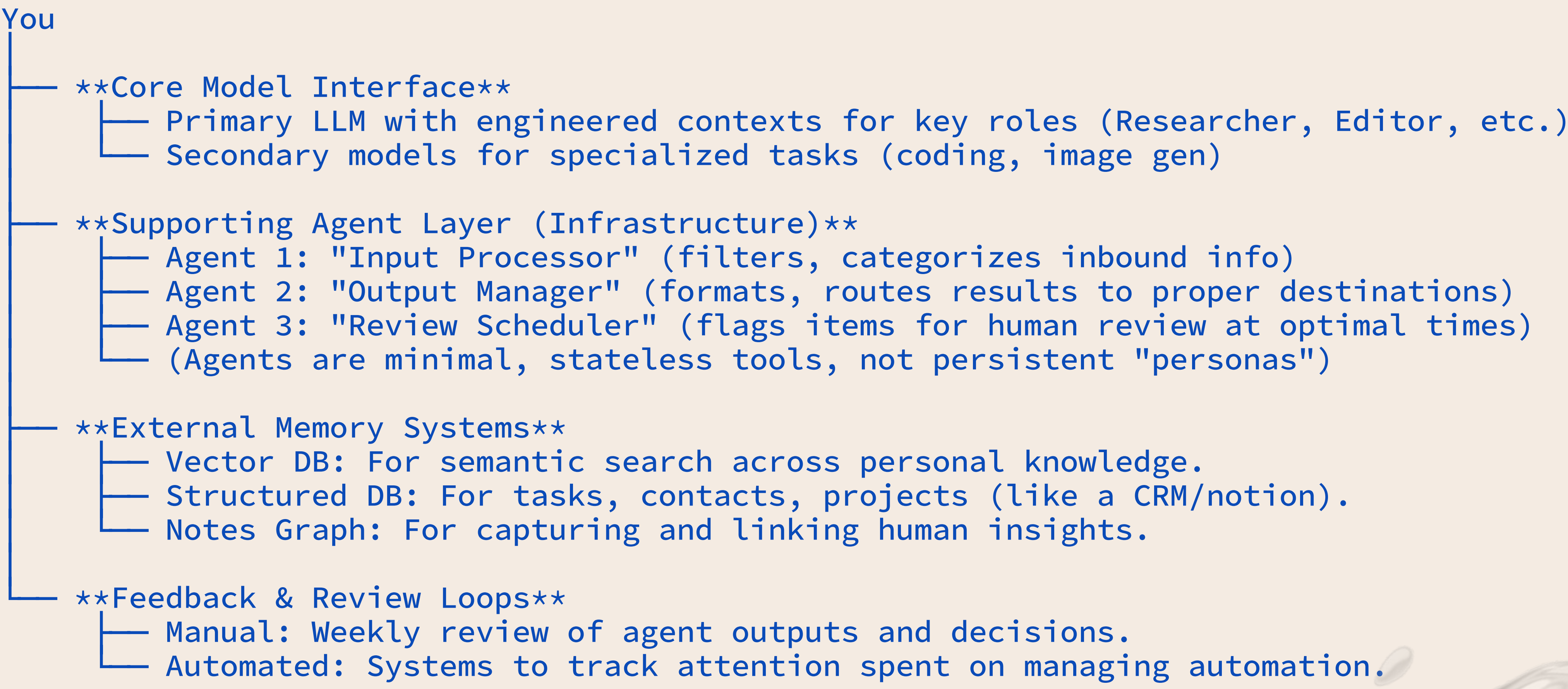
The world is becoming agent-first.
Our task is not to force AI into
funnels, but to design systems
that can withstand reality
— not just models



Before delegating, ask:

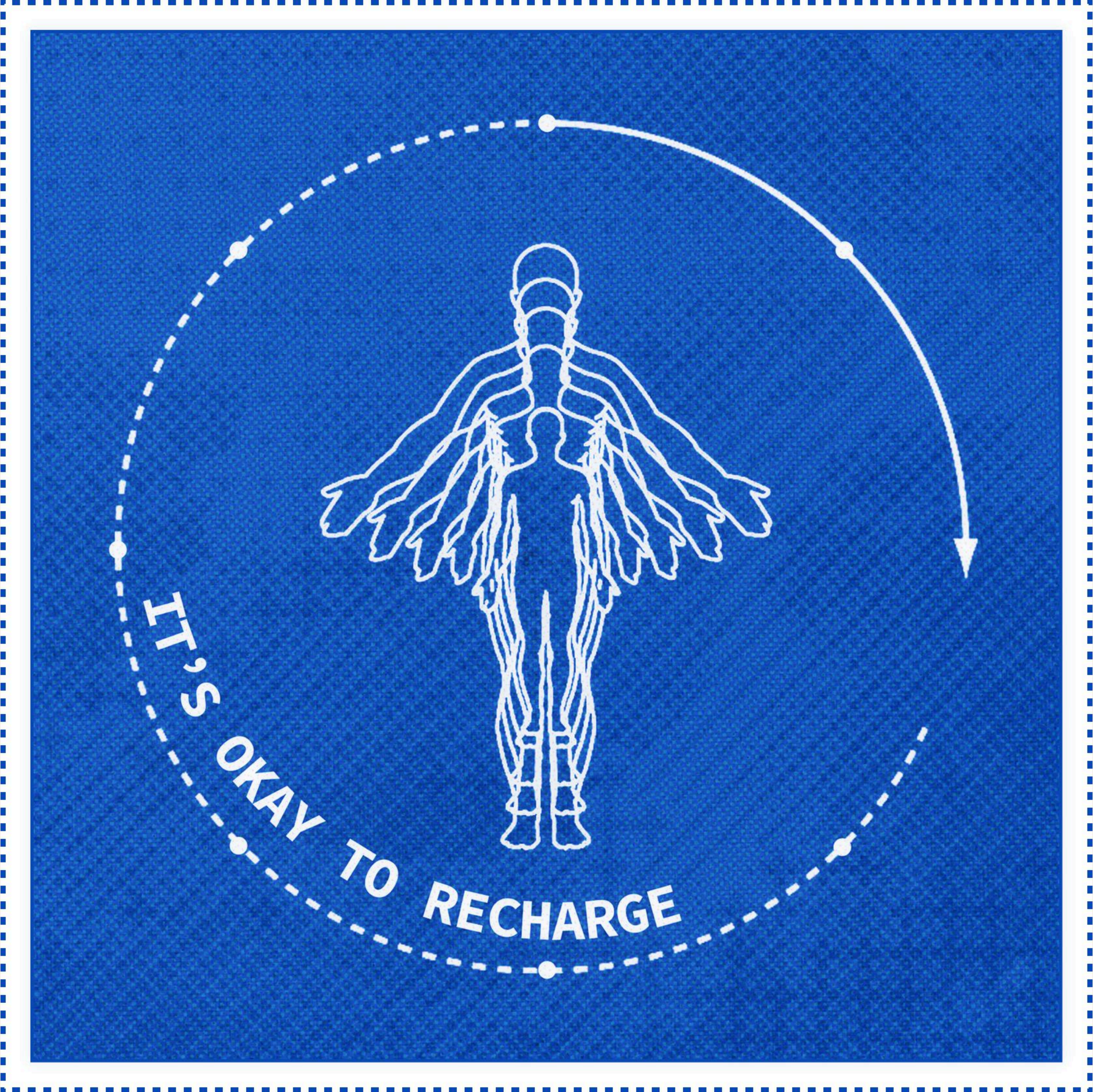
- 1. Does this task shape meaning, values, or identity?
→ **Keep human-led**
- 2. Is correctness verifiable and error reversible?
→ **Assist or automate**
- 3. Does this require empathy, ethics, or leadership?
→ **No automation zone**

The Architecture of a Human-Centered AI Ecosystem



This is not a tool stack. It is a cognitive system designed to reduce decision load, not increase it.

Human Presence Zones



Unmindful automation can drown us in micro-interruptions and “pseudo-tasks”, leading to stress and shallow work.

idea01 / DEFINE

define human presence zones where automation is intentionally limited

idea02 / PROTECT

protect your peak focus hours by turning off AI and notifications

idea03 / KEEP

keep meetings and 1-on-1s free from live AI assistance

idea04 / INTRODUCE

introduce tech-free rituals (mornings, meals, evenings) to support presence

idea05 / AVOID

avoid automating personal learning or hobbies to allow real immersion

idea06 / USE

use AI before and after deep work, not during it

idea07 / DESIGN

design automation to respect attention, not interrupt it

idea08 / MAP

map your day to see where AI helps flow and where it breaks it

The SORRYWECAN Research Lab's guiding principle is to be intentional with technology, using it to enhance the human experience rather than replace it

There is evidence that letting the mind have such undistracted moments is crucial for creativity and intuition. If we constantly lean on automation, we risk weakening our own mental “muscles” for imagination and problem-solving. Researchers have observed “cognitive laziness” when answers are too readily provided by AI – our brains opt for the easy route and practice deep thinking less. Over time, this could blunt our intuition and creative capacity. One can think of it this way: intuition often comes from the brain processing in the background, integrating experiences. If an AI spoon-feeds all conclusions immediately, we don’t give our subconscious the chance to develop those intuitive leaps.

Create deliberate gaps for human intuition to play

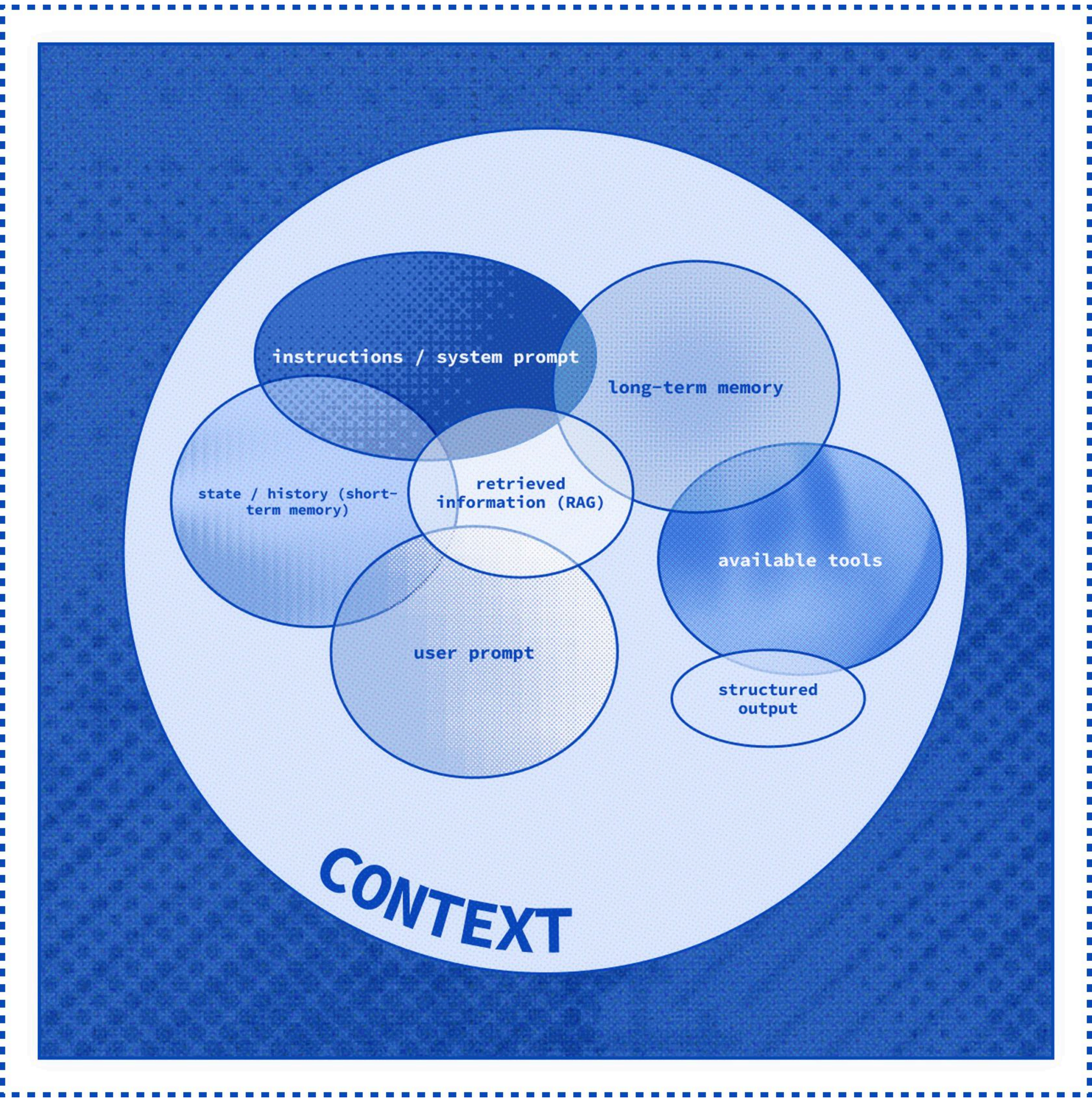


CONTEXT ENGINEERING

Like in filmmaking:

- ✱ Prompting is the line
- ✱ Context engineering is the scene

You design the conditions (instructions, data, history, tools, etc.) in which the model can think and respond well by default.



Prompt engineering → about phrasing

Context engineering → about the architecture of thinking

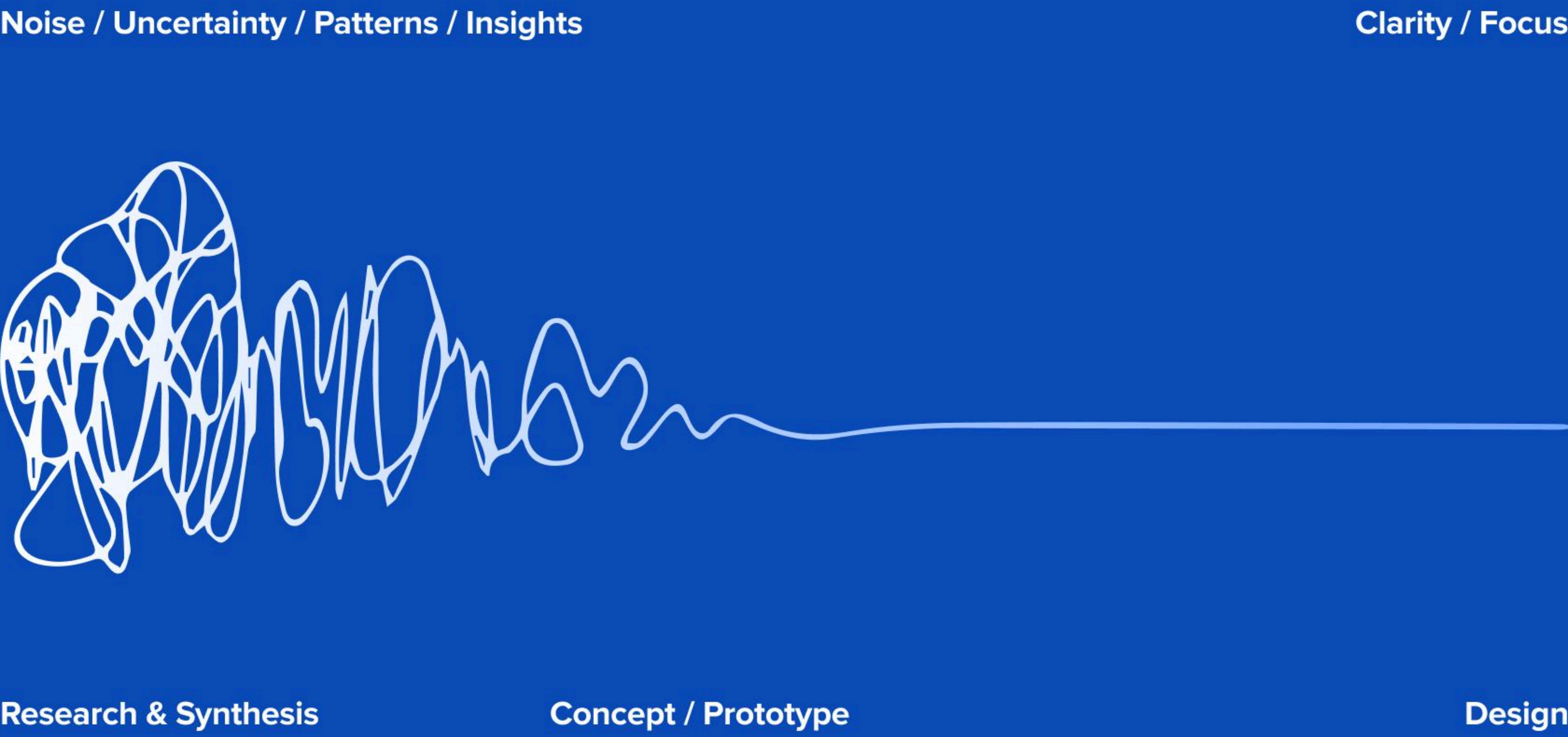
Human is:

- ✱ architect of goals and boundaries
- ✱ curator of memory and sources
- ✱ final authority in ambiguity and risk
- ✱ editor of the system’s reality

You're cultivating an environment for intelligence

Context Thinking — Simple Example

- Layer 1:** Brand voice guide uploaded
- Layer 2:** Previous campaigns as reference
- Layer 3:** Enterprise persona document
- Layer 4:** Product feature hierarchy
- Prompt:** "Draft announcement, Enterprise audience, Security angle"



Final Thoughts

We automate to expand ourselves, not to let efficient machines render us efficient ghosts. Mindful automation establishes a boundary between silicon and spirit. Beyond that lies what cannot yet be programmed: intuition, self-awareness, and emotional intelligence.