

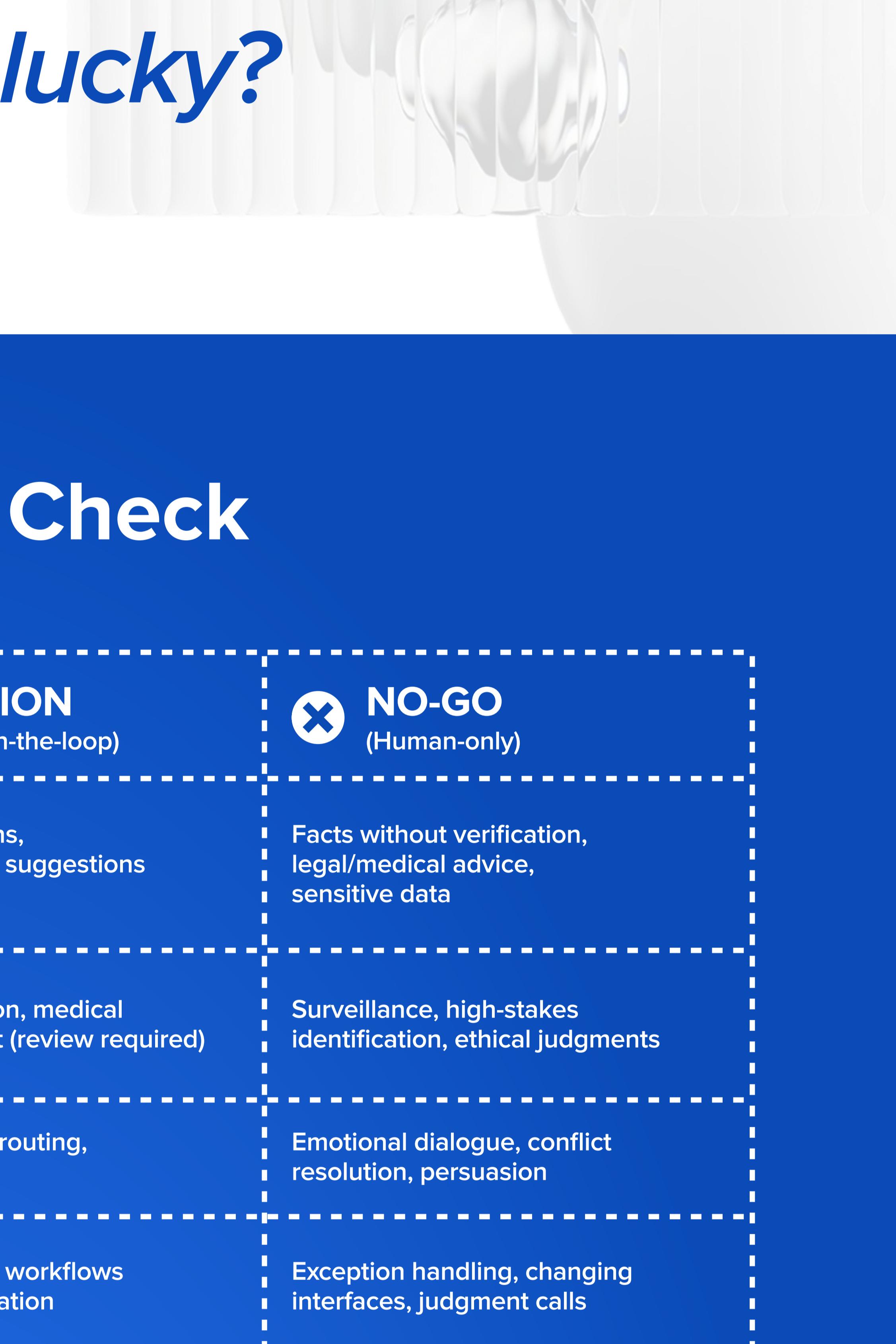
A white silhouette of a person sitting in a lotus position, facing right, against a dark blue background. The person is holding a small object in their right hand. Below the silhouette is a grid of binary code.

MINIX

01100010  
01100111 011  
01101110 01100  
01110010 0110111  
01101110 0010000  
01100001 01100111 0  
01100100 00100000 0  
00100000 01101001 011  
01100011 01101000 0110  
00100000 01101001 0111  
01101100 00100000 011001  
01100001 01101110 0010000  
01100111 011011101101101 01  
01110111 01101001 01101100 0  
01110100 01101111 00100000 0  
01100101 01101100 01100001 0  
01100100 00100000 01110111 0  
01101001 01101110 01110100 0  
01101001 01110000 01100101 01  
01100001 01101110 01100100 00  
00100000 01101001 01101110 0  
01101000 01101001 01110000 0  
01101100 01100001 01101110 011  
01110111 00100000 01101001 0  
01100011 01101000 01101001 0  
01101001 01110011 01101100 0

01100 01100001  
01101100 01100001  
00100000 01100111  
11 00100000 01100001  
0000 01100101 01101100  
1101100 01100001 01101110  
11 01110010 01101111 01110111  
00100000 01100001 01110010  
0111 011011101101101 01111001  
00 01110111 01101001 01101100  
1110 01110100 01101111 00100000  
0000 01100101 01101100 01100001  
001 01101110 01100100 00100000  
0111 00100000 01101001 01101110  
00011 01101000 01101001 01110000  
01110011 01101100 01100001 01101110  
110010 01101111 01110111 00100000  
00001 01110010 01100011 01101000  
0100000 01101001 01110011 01101100  
00 01100111 01110010 01101111 01110111  
00000 01100001 01110010 01100011  
1111001 00100000 01101001 01110011  
00100000 01100111 01110010 01101111  
1110 00100000 01100001 01110010  
110111101101101 01111001 00100000  
1001 01101100 01101100 00100000

# Automation turns into **U**



1. **What is the primary purpose of the proposed legislation?**

# 2025 AI Capability Reality Check

<b>LLMs</b>	Drafting texts, summaries, translations, idea exploration	Reasoning chains, analysis, coding suggestions (needs review)
<b>Computer Vision</b>	Object detection, defect detection, image classification	Facial recognition, medical imaging support (review required)

# Speech AI

<b>Copilots</b>	Productivity boost, drafting, autocomplete, suggestions	Complex decisions, system design, strategy	Final authority, unchecked execution
<b>AI Agents</b>	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*

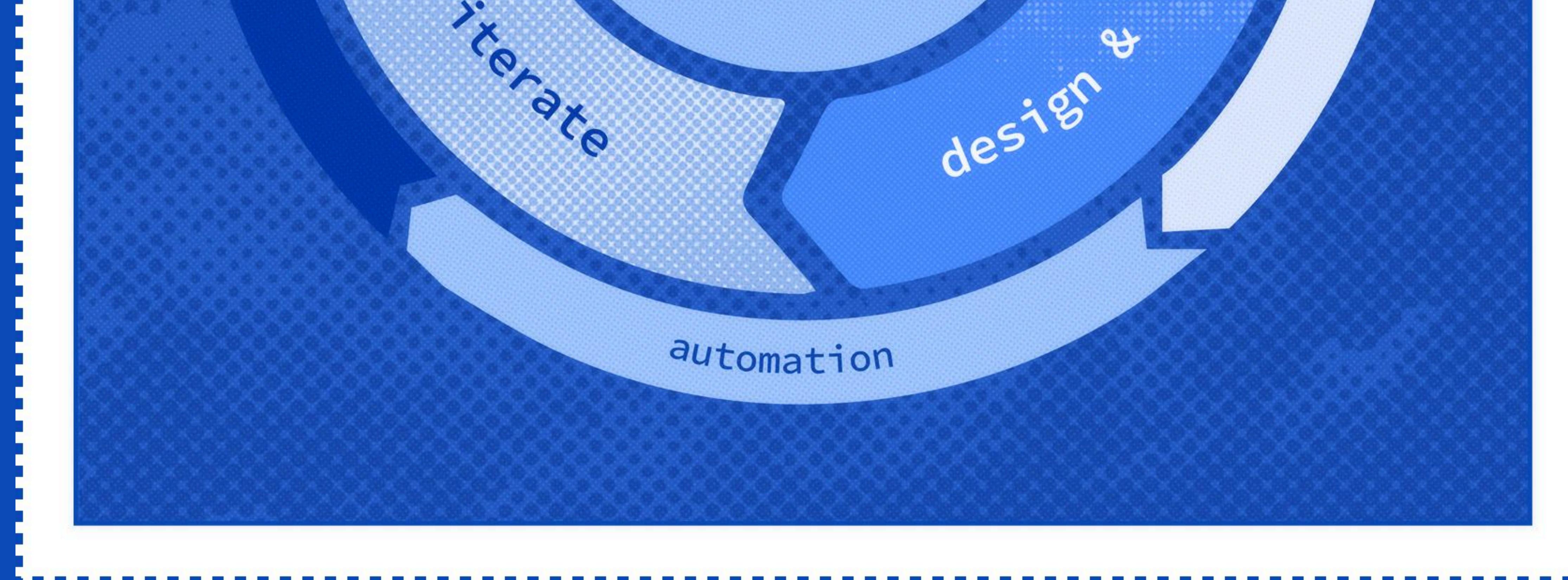
— Aytekin Tank, *Automate Your Busywork*

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

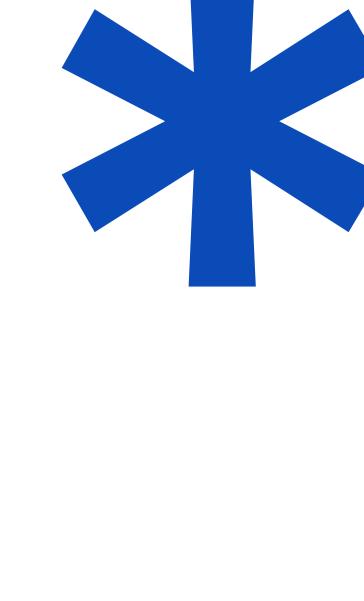
A graphic design featuring a large blue arrow pointing to the right. Inside the arrow, the text "divide & conquer" is written in a white, sans-serif font, oriented diagonally upwards. The arrow has a white outline and a textured blue fill. The background is a solid blue color with a subtle vertical texture.

# Automate Your System

# line & space



1. **What is the primary purpose of the study?** (1 point)



## 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



## 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
- Decisions drift out of human sight

#### HIDDEN COSTS

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

#### OUTCOME

- Speed without stability
- Automation without understanding

### MINDFUL AUTOMATION

AI as infrastructure

#### LOGIC

“Design the system intentionally”  
→ Human stays in control  
→ AI operates in the background

#### HOW IT BEHAVES

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

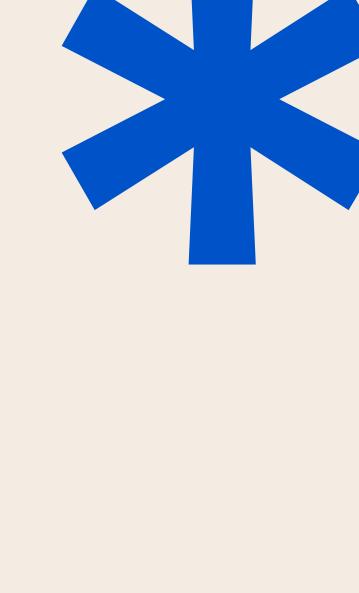
#### CORE PRINCIPLE

→ Hybrid Intelligence  
Human judgement + 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.

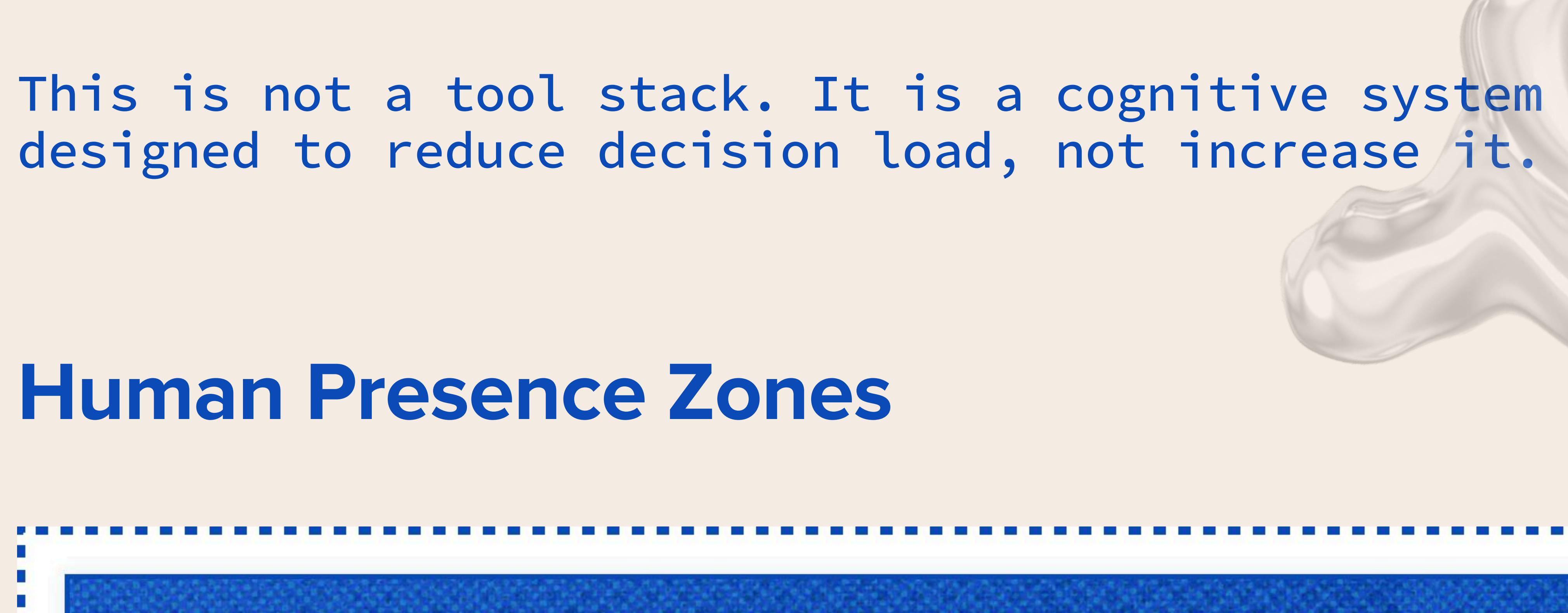
The world is becoming agent-first.  
Our task is not to force AI into funnels, but to design systems that can withstand reality — not just models



## Before delegating, ask:

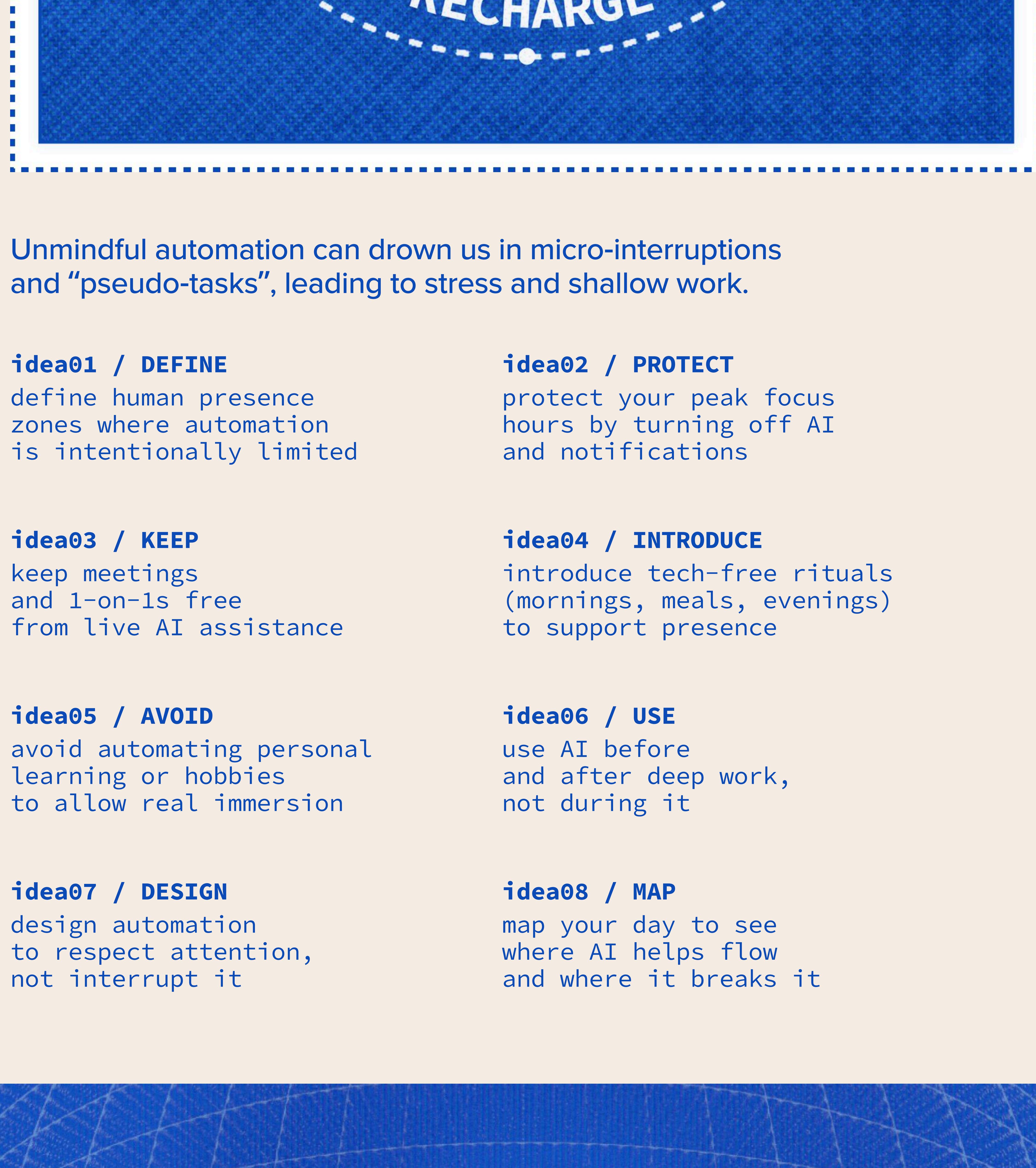
1. Does this task shape meaning, values, or identity?  
→ **Keep human-led**
2. Is correctness verifiable and error reversible?  
→ **Assist or automate**
3. Does this require empathy, ethics, or leadership?  
→ **No automation zone**

## 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

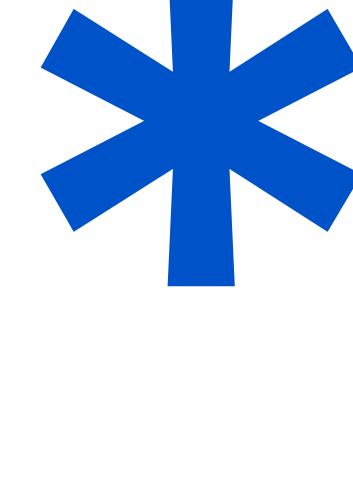
### idea08 / MAP

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**

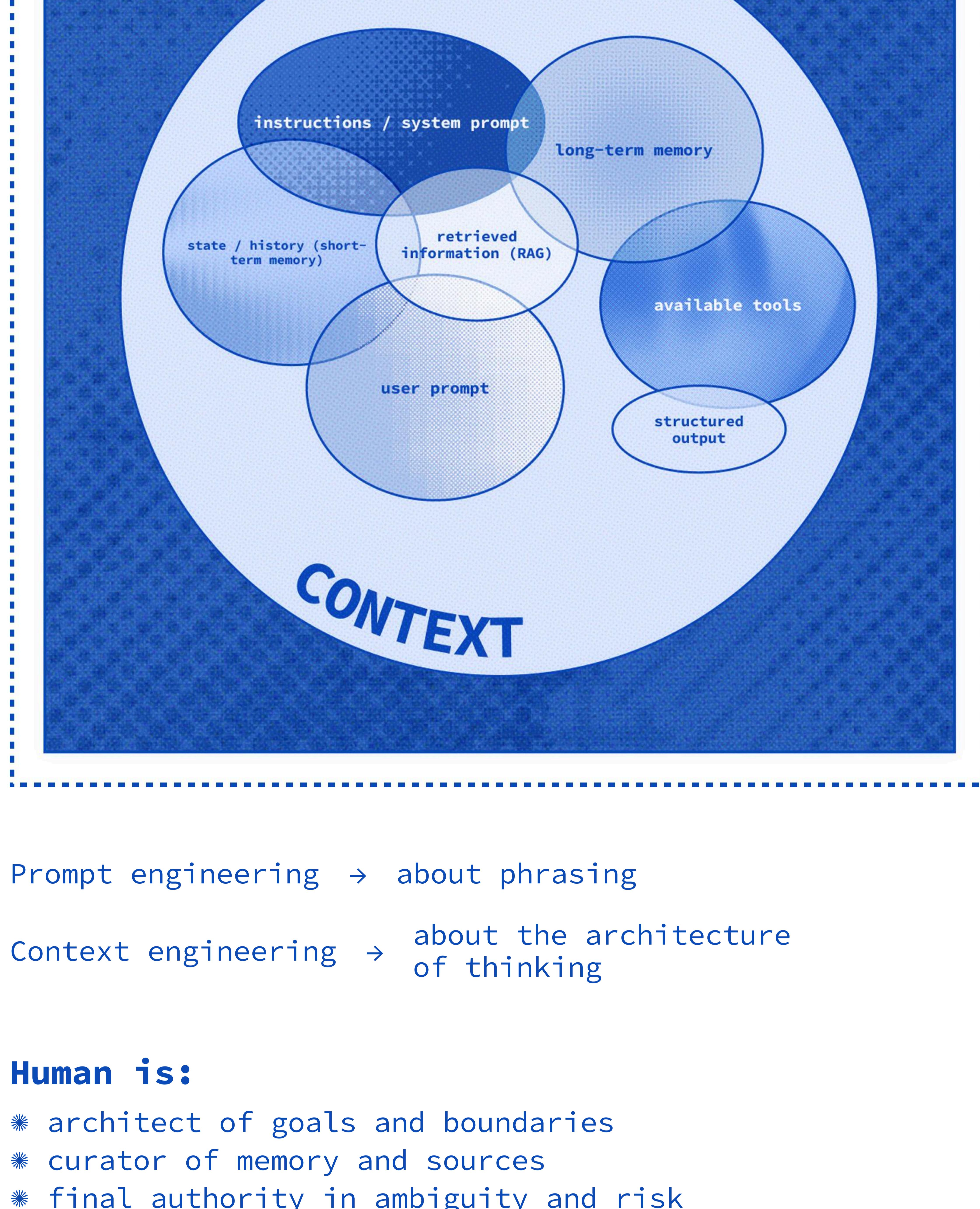


# CONTEXT ENGINEERING

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

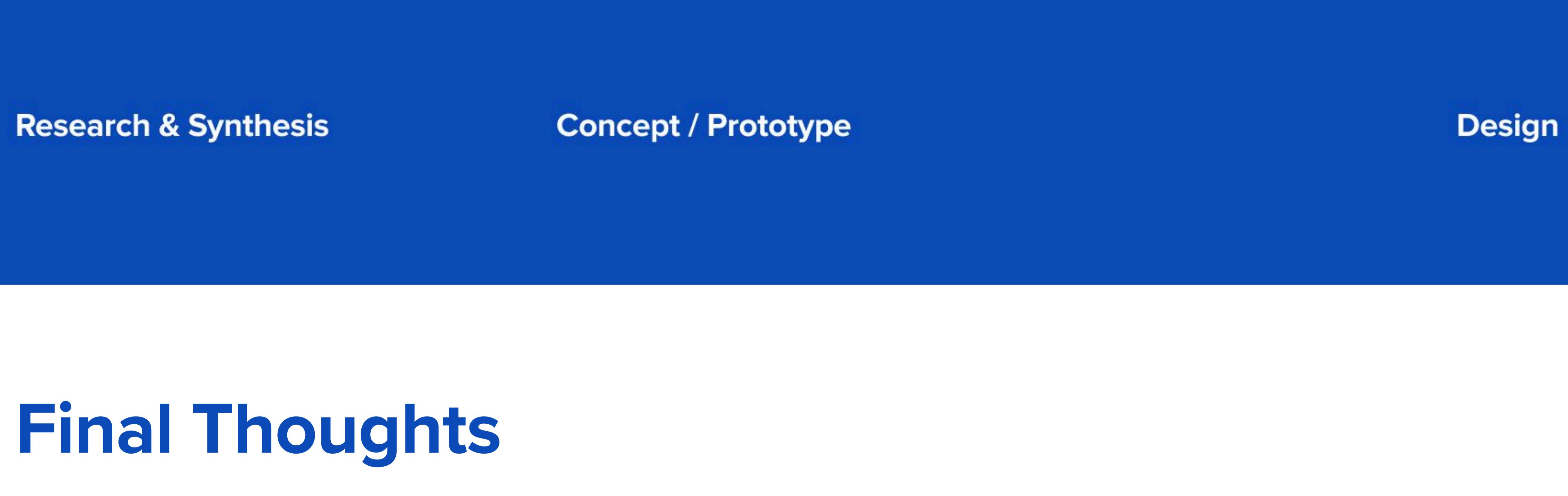
Layer 2: Previous campaigns as reference

Layer 3: Enterprise persona document

Layer 4: Product feature hierarchy

**Prompt:** "Draft announcement, Enterprise audience, Security angle"

Noise / Uncertainty / Patterns / Insights      Clarity / Focus



## 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.