

THE 5-TASK REFRAME

Sourced from *Survival Blueprint, Ch. 2 (Teacher Briefing)*

5-TASK REFRAME · MICRO-COMMANDS

Survival Blueprint Ch. 2

01 · MAP THE STEPS — WRITTEN

Break the request into 5-7 atomic actions. One time.

If you can't break it further without feeling silly, you're at the right level.

02 · ISSUE ONE STEP

"Step 1: Brush your teeth." Then stop. Don't preview.

The brain only needs the next thing.

03 · WAIT + CONFIRM

Stay nearby. "OK, teeth done." Close the loop.

Frees working memory for step 2.

04 · NEXT STEP

Step 2. Wait. Confirm. Step 3.

Slow on purpose. Seven small wins.

05 · CONVERT TO VISUAL SCHEDULE

Posted schedule + Velcro "done" cards.

Replaces your scaffolding over time.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/five-task-reframe
For the mechanism, the protocol, and citations.