

The Orchestrator's First Seven Days

Reading the guide is not the practice. This is the practice.

Day 1 — Name one purpose and one live tension.

One sentence each, written down. If you can name neither, that is itself information.

Day 2 — Make one rough packet. Findable, revisable, usable. Rough is fine; invisible is not.

Day 3 — Brief a Mind once, well. Purpose, authority boundary, desired packet, evidence standard — and what it should do if it disagrees.

Day 4 — Correct one Mind output sharply and kindly. Say why. The correction is formation.

Day 5 — Route one tension to its correct home.

Governance, conversation, structure, or rest. Carry none of them personally that structure could hold.

Day 6 — Close one loop and hand off state. What moved, what remains, what lands next, where it lives. Then actually stop.

Day 7 — Write your first six-line calibration log.
HOLD · ACT · ASK · PUSH · COMPRESS · PERSIST.

Then repeat. Thirty days is the first calibration cycle, not graduation — and the emptiness that arrives when your hands go quiet is not uselessness. It is the job, arriving.

DON'T PANIC.

Tension is fuel. Purpose sets the bounds.