HUMAN OS v2.0 // DIAGNOSTIC PROTOCOL

THE SATISFICER'S DIAGNOSTIC

Are you running on default settings?

The following diagnostic is designed to identify algorithmic loops in your decision-making process.

PART 1: THE MAXIMIZER TRAP

1. When making a purchase, do you:

   a) Research every possible option until you find the "best" one?

   b) Set criteria for "good enough" and buy the first thing that meets them?

2. When choosing a restaurant, do you:

   a) Scroll Yelp/Google Maps for 20 minutes looking for 4.5+ stars?

   b) Go to the place you know is decent and enjoy the company?

3. After making a choice, do you:

   a) Wonder if you could have done better?

   b) Move on and never think about it again?

SCORING:

Mostly A's: You are a MAXIMIZER. You are vulnerable to analysis paralysis and regret.

Mostly B's: You are a SATISFICER. You have high agency and mental bandwidth.

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PART 2: THE ATTENTION AUDIT

1. What is the first thing you touch in the morning?

   a) Your phone.

   b) A glass of water / your partner / the floor.

2. How many notifications do you receive per hour?

   a) 10+

   b) 0-2

ANALYSIS:

If you answered A to Part 2, your OODA loop (Observe, Orient, Decide, Act) has been hijacked.

NEXT STEPS:

1. Delete social media apps from your phone for 24 hours.

2. Turn off all non-human notifications.

3. Read the Human OS Manifesto.