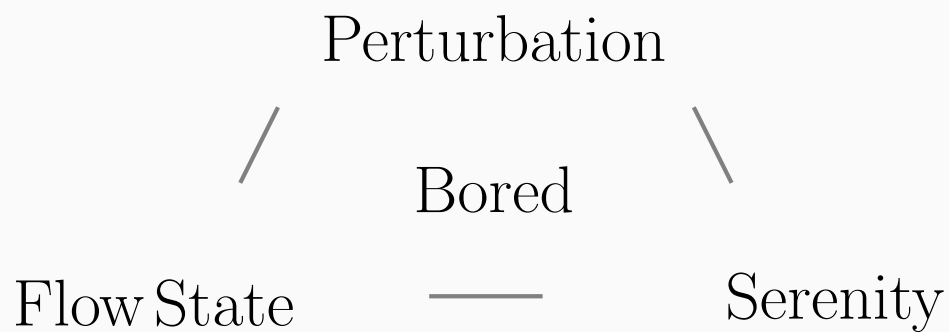




Rubric

Study  
& Research

Coherent Decision Framework (CDF)



**11 years 5 months have passed**

since the beginning of the personal rubric journey on 01.10.2013 in Gießen.

## **Abstract**

This chapter refines the personal rubric as a structured yet evolving guide for self-regulation and decision-making. Building on previous iterations, it introduces a more conscious approach to navigating cognitive and emotional states through the Coherent Decision Framework (CDF). Central to this refinement is the role of boredom as a reset mechanism, allowing for intentional disengagement before re-engaging with greater clarity. Additionally, the framework incorporates catalytic events—deliberate perturbations designed to challenge the status quo and drive meaningful adaptation. A key shift in this iteration is the transformation of Challenged into Flow State, emphasizing intrinsic motivation and sustained engagement over externally imposed difficulty. By integrating these elements, the chapter presents CDF as a dynamic tool for fostering focus, resilience, and strategic decision-making in both structured and uncertain environments.

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# Teil I

## Rubrics

# Kapitel 1

## Personal Rubric

### Changelog:

- *v3*
  - 2 months 9 days have been invested since the start on 2024-12-20.
  - Update the Challenge Part to Flow State: The current ones are not sticking or I can not identify with it: Before there was an A.I. and My theory part. The personal
  - New Bored, because with **Neues-Familienmitglied (NFM)** it's become more important.
  - Milestone Roadmap.
  - New Perturbation
- *v2* Balance, between Serenity and Challenged.
- *v1* 2014 Just: Tolle Familie; Super Freunde! Unsterblichkeit

# 1 Introduction

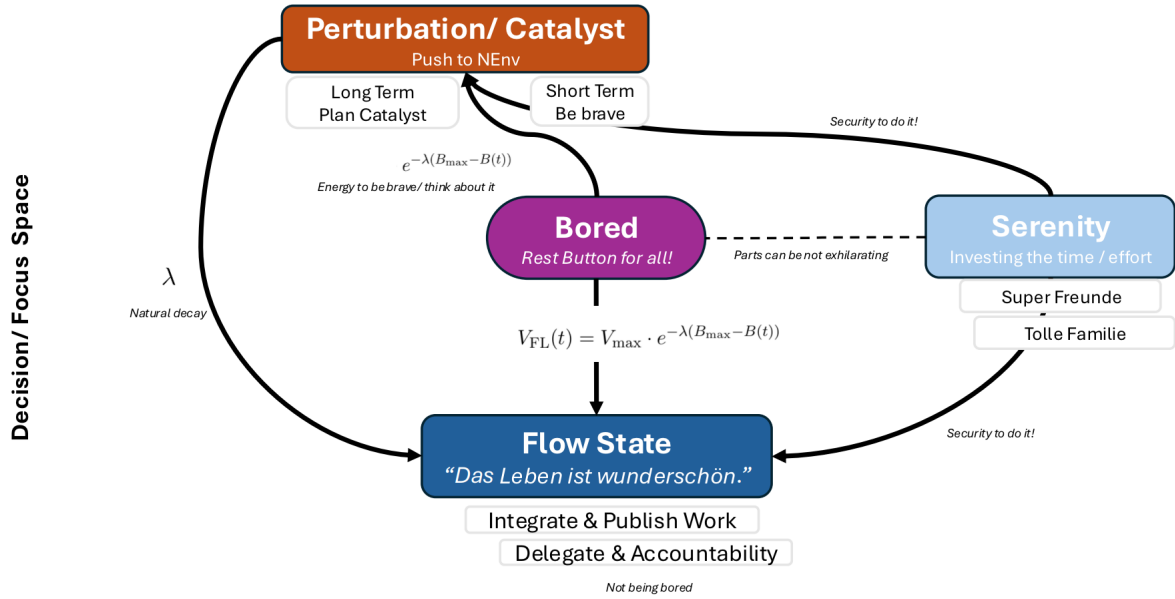


Abbildung 1.1: Decision and Focus Space (Desired and Necessary Feelings)

With v3, the personal rubric becomes more focused on:

- A new, more conscious state: **Being bored** – as a way to reset myself.
- Identifying and initiating **catalytic events** that **perturb** my current environment.

Previously, the state *Challenged* has been transformed into **Flow State**. This shift occurred to emphasize the feeling state rather than setting specific challenges—at least, not at this stage.<sup>1</sup>

The *flow state* is placed at the bottom because it requires less focus, as there is a natural gravitation toward it.

On the other hand, *Serenity* remains the key state to prioritize. While it is still central, it does not require as much focus at the moment. With the added responsibility of NFM, the *reset button* has become more important—where previously, it was not a priority.

The aspect of *being challenged* is still relevant but is now integrated differently within this framework.

## 2 Serenity and Flow State

The underlying consideration is that maximizing the stimulating feeling of the Flow State (previously: "Challenged") in combination with a future-oriented focus (dopamine) does not provide a sustainable long-term foundation for me, as I do not want to forgo my goals for

- A wonderful family
- and great friends.

<sup>1</sup>Certain aspects of the *Serenity* state fulfill this role as well, particularly with NFM and Franziska.

To experience the feeling of challenge without major sacrifices to overall well-being, I see maintaining a balance with the goals for the feeling of *Serenity* as essential.

I am aware that some challenges can be more easily achieved by postponing or abandoning set goals. However, my hope—and at the same time, my self-imposed challenge—is to find a way to set and accomplish challenges without having to sacrifice family and friendships.

## 3 Perturbation

### 3.1 General Understanding

Perturbing my current environment is essential for counteracting the decay of value, especially in the flow-state environments I inhabit.

For me, transitioning to new environments often requires a catalytic event rather than a slow, gradual shift. There is usually a barrier to overcome, and the natural gravitas of the flow state makes change difficult. Without a decisive disruption, adaptation tends to stagnate.

### 3.2 Horizon: Catalytic Events

In general, there should be only a few key topics within a given period that drive a push toward a new environment. The five-year horizon provides a better guide to identifying the desired perturbations. This yearly horizon focuses on what you actively commit your mind to.

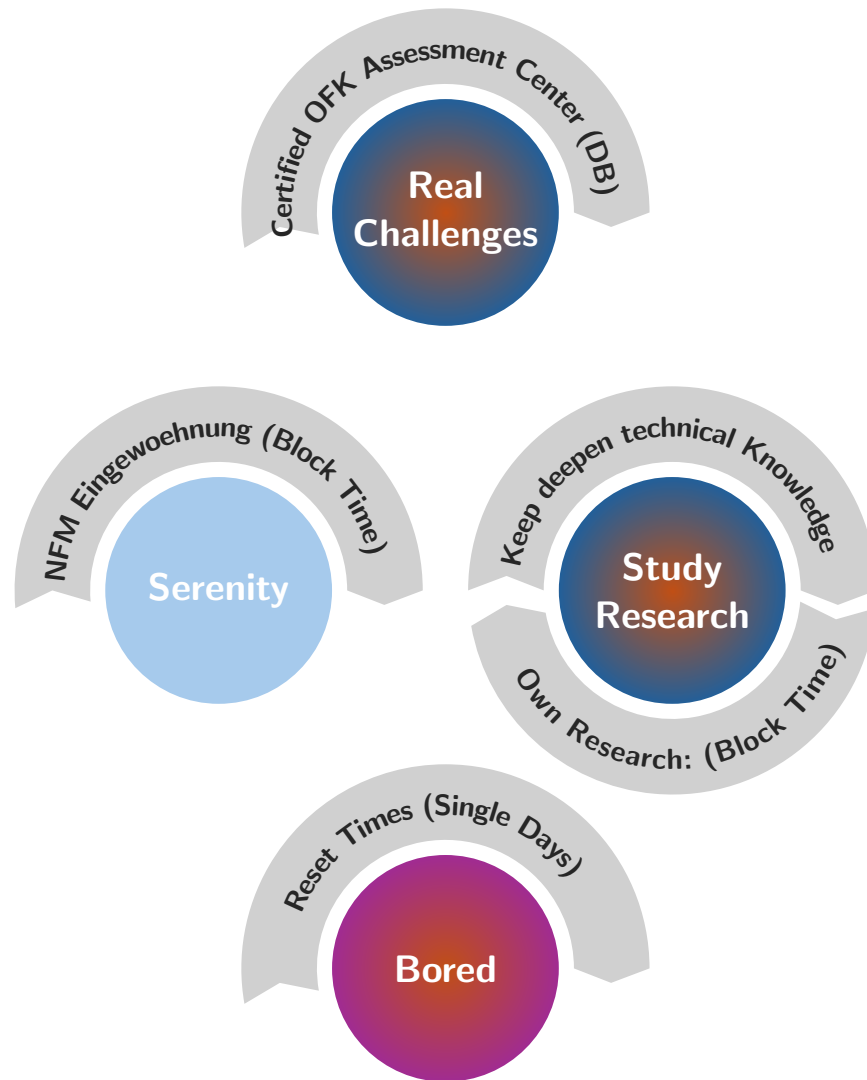


Abbildung 1.2: Meilstones untill 20.12.2025

**This year** Technically, placing **NFM Moment\* (Serenity)** as a push towards a new environment under perpetuation might be understood as intentionally pushing myself out of the *flow state* to spend time with NFM.

**Current Five Years** In general, there should be only a few key topics within a given period that drive a push toward a new environment. The five-year horizon provides a better guide to identifying the desired perturbations.

This timeline is a tool to align and assess capacity and to conduct an honest assessment of what is possible.



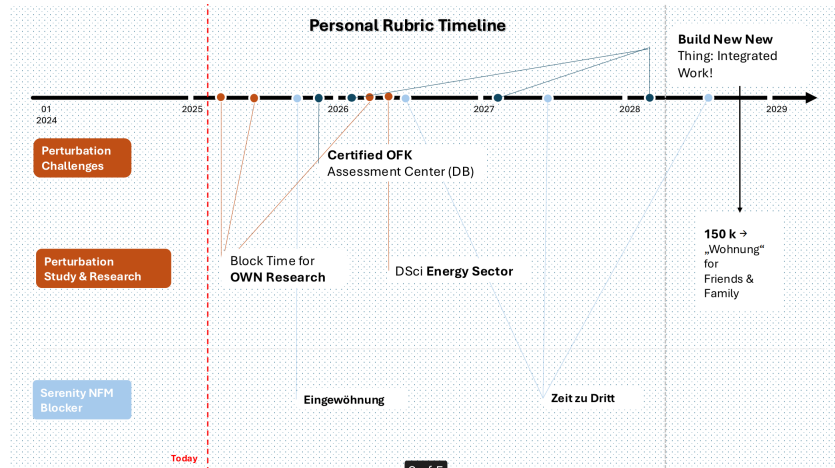


Abbildung 1.3: Time line next five years

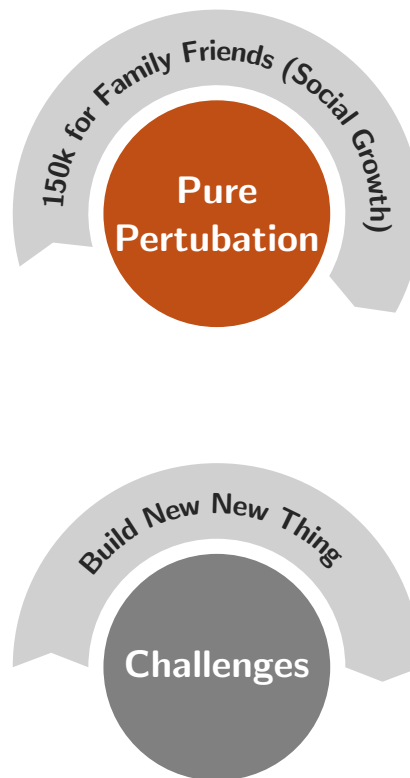


Abbildung 1.4: Five Year Periode untill 31.12.2029

Why the color gray? This is because no perturbation of the current personal environment is necessary—just focus and work.

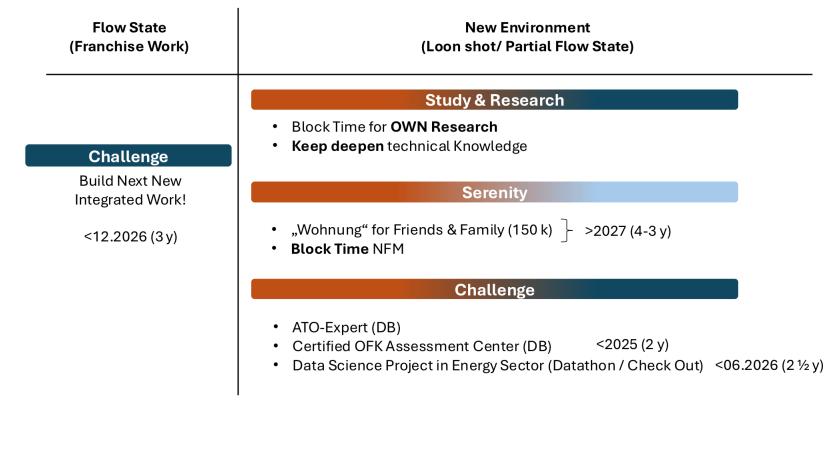


Abbildung 1.5: Details: Time line next five years

**Longtermin: 20 Year Horizon Catalytic Events: 20 Years** The push is that, during these periods, a jump into a new environment is required to sustain long-term growth and prevent decay. These five-year blocks are arbitrary intervals but serve to provide a long-term perspective, helping to clarify where you want to work towards.



- $V_{FL}(t)$ : Decays exponentially in response to  $B(t)$ , resetting to  $V_{max}$  whenever  $B(t)$  resets.

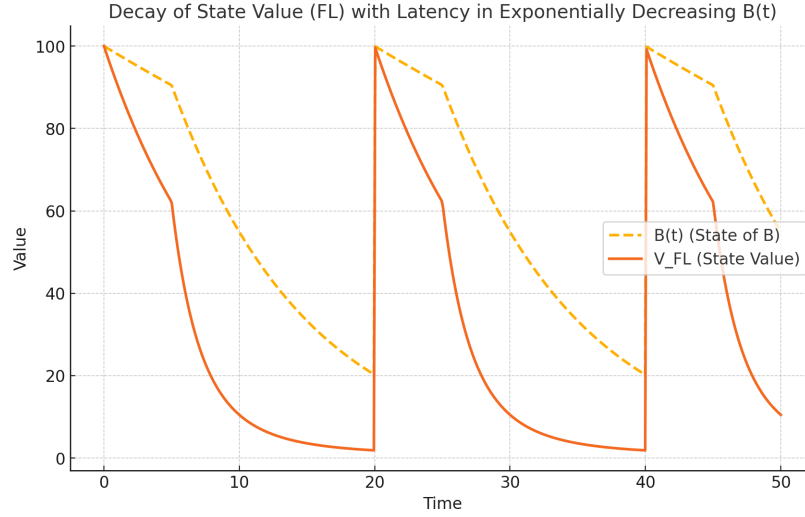


Abbildung 1.6: Desired and necessary feelings

**Modeling  $B(t)$ : Exponentially Decreasing with Latency** The function  $B(t)$  is modeled as a piecewise exponential decay:

$$B(t) = \begin{cases} B_{max} \cdot e^{-\alpha t}, & \text{if } t \leq t_{latency}, \\ B_{max} \cdot e^{-\alpha t_{latency}} \cdot e^{-\beta(t-t_{latency})}, & \text{if } t > t_{latency}, \end{cases}$$

where:

- $B_{max}$ : Maximum value of  $B(t)$  when reset.
- $\alpha$ : Decay rate during the latency period (slow rate of decrease).
- $\beta$ : Decay rate after the latency period (faster rate of decrease).
- $t_{latency}$ : Duration of the latency period.

**Modeling  $V_{FL}(t)$ : Exponential Decay of State Value** The state value  $V_{FL}(t)$  decays exponentially as  $B(t)$  decreases. It is given by:

$$V_{FL}(t) = V_{max} \cdot e^{-\lambda(B_{max}-B(t))},$$

where:

- $V_{FL}(t)$ : Value of the state FL at time  $t$ .
- $V_{max}$ : Maximum possible value of  $V_{FL}(t)$ .
- $\lambda$ : Decay constant for  $V_{FL}(t)$ .

### Reset Behavior

- $B(t)$  resets to  $B_{max}$  after reaching a threshold (e.g.,  $B(t) \rightarrow 0$ ), periodically every  $T_{reset}$  seconds.
- This causes  $V_{FL}(t)$  to restart from its maximum possible value,  $V_{max}$ , after each reset.

**Complete Behavior** Combining these equations:

1. For  $B(t)$ :

$$B(t) = \begin{cases} B_{\max} \cdot e^{-\alpha t}, & t \leq t_{\text{latency}}, \\ B_{\max} \cdot e^{-\alpha t_{\text{latency}}} \cdot e^{-\beta(t-t_{\text{latency}})}, & t > t_{\text{latency}}, \end{cases}$$

where  $t$  resets to 0 after  $T_{\text{reset}}$ .

2. For  $V_{\text{FL}}(t)$ :

$$V_{\text{FL}}(t) = V_{\max} \cdot e^{-\lambda(B_{\max}-B(t))}.$$

*I'm came with abilities and an emotional imprint.*

I can build up domain knowledge an update this, to combine with my concitive abilities. How ever, think about how I feel, how I want to feel and how I may need to change how I feel, in order to satifice my core imprint, this the goal for this - Homostatice

I can't do much about the former, except build better prediction models for my self and a cummlate knowledge - but even this is limited. The later however, is more malible, or at least essesing it.

# Teil II

## Anhang

## Anhang A

# Abkürzungsverzeichnis

N

**NFM** Neues-Familienmitglied. 3, 4, 6