

T H E C L A R I T Y P R O T O C O L

Clarity Prompts

Built in Cape Town. Engineered for the world.

THE CLARITY FILTER: MENTAL PROMPTS

1. The Daily Protocol (The Check-In)

Used morning and evening to align the mind.

Morning (The Prime)

- **The Essentialist Prompt:** "What is the one thing I can do today that would make everything else easier or unnecessary?"
- **The High-Value Prompt:** "If I could only work for 2 hours today, what would I work on?"
- **The Stoic Control Prompt:** "What am I anxious about, and is it actually under my control?"

Evening (The Review)

- **The Audit Prompt:** "Where did I leak energy today?"
 - **The Awareness Prompt:** "Did I act out of habit or out of intent?"
 - **The Trajectory Prompt:** "If I live tomorrow exactly as I lived today, where will I be in 5 years?"
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2. The Decision Filter

Used when facing a choice, purchase, or opportunity.

The "Hell Yes" Filter

- "If I say 'yes' to this, what am I saying 'no' to?"
- "If I had to do this tomorrow morning at 7 AM, would I still agree to it?"
- "Am I trying to convince myself to want this?"

The Inversion Filter

- "What is the worst-case scenario, and can I survive it?"
- "If I wanted to guarantee this project fails, what would I do? (Am I doing that now?)"
- "What am I avoiding because it is hard?"

The "Skin in the Game" Filter

- "Does the person giving me this advice have a scar to prove they've been here?"
 - "If they are wrong, do they lose money, or do I?"
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3. The Crisis Reset

Used when feeling overwhelmed, anxious, or 'foggy'.

- "Is this a problem or just an inconvenience?"
 - "Will this matter in 5 years? 5 months? 5 weeks?"
 - "What is the next right move? (Not the whole solution, just the next step)."'
 - "Am I reacting to reality, or to my story about reality?"
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4. The "Old Money" Standard

Used to align with the Clarity aesthetic.

- "Is this timeless or trendy?"
 - "Would I buy this if no one else could see it?"
 - "Is this adding value or just adding noise?"
 - "Am I playing a finite game (trying to win today) or an infinite game (trying to stay in the game forever)?"
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5. AI Content Generation Prompts

For expanding the Protocol.

- **Endocrine System:** "Act as a biochemist. Explain exactly how Phthalates block testosterone receptors in the male body, using simple analogies suitable for a non-scientific audience."
- **Stoic Strategy:** "Act as a Stoic philosopher. Provide 3 practical exercises a modern entrepreneur can use to apply 'Premarkatio Malorum' (negative visualization) to their business strategy."
- **Daily Scheduling:** "Create a rigid, hour-by-hour daily schedule for a 'Clarity Protocol' practitioner. Include specific biohacking inputs (light, water, fasting) and deep work blocks."

