

**Chaos Clocking**

Timeboxing for brains with twelve browsers open. Short sprints, big relief.

Gremlin Grease

A micro-reward that slides you back into flow without guilt.

Dopamine Ladder

Leveling up rewards as you stack wins over a day.

Brain Buffer

A small pause before context switching to see if it's worth it.

Reset Ritual

Tiny routine to clear the slate: breathe, note, commit.

Anti-Spiral

Steps that stop doom spirals before they start.

Energy Map

Plan your day by energy, not shame or vibes.

Boredom Bumpers

Friction that keeps you from switching for novelty.

Noise Budget

How much chaos you allow before you mute the world.

Streak Shield

Protects your streak by offering tiny salvage wins.

Default Calm

Your app tone: supportive, not saccharine.

Procrastination Theater

When you do everything except the thing. We see you.

Edge-Case Day

When everything is weird—your plan adapts.

Future-You Tax

Doing a hard thing now so tomorrow is lighter.

Quiet Quit Switch

A toggle to lower ambition without quitting.

Guilt-Free Pause

Stop without shame; resume with a single tap.

Snackable Steps

Break tasks into bites that don't scare your amygdala.

Window Wrangler

One-tap layout that hides the rabbit holes.

Doomscroll Ditch

Quick exit ramp out of the feed swamp.

Calendar Karma

Events that match your actual energy, not fantasy-you.

Switch Cost

Seconds you lose swapping contexts. We track it.

Kind Pressure

Accountability that nudges, not nags.

Confetti Cooldown

Prevents dopamine burnout. Yes, that's a thing.

Flow Bookmark

Save your exact thought so you can re-enter flow.

Brain Bandwidth

How much you can hold right now. It changes.

Done Definition

What counts as done—clear and kind, not vague.

Sanity Sandwich

Hard thing between two easy wins.

Inbox Gravel

Small tasks that grind your gears. Batch them.

Shut-the-Door Mode

Digital 'do not disturb' for humans who don't get it.

Kindly Brutal

Our tone when you need a push, not a lecture.

Switch-Audit

A quick log that exposes your biggest time leaks.

Context Capsule

All the links and notes you need for one task.

Battery Brain

Plan based on charge left—mental and literal.

Zero-Shame Zone

No yelling. Ever. We don't do that here.

Tin Foil Hat Mode

Privacy-first settings that keep your data off the menu.

Taskache

That dull pain behind your eyes when a tiny task grows fangs.

Ping Pong Focus

Switching between tasks on purpose, with timers and guardrails.

Focus Bubble

A distraction-free zone with automatic nudge shields.

Micro-Win

A small success that counts. Because it all counts.

Park-it List

Where you park shiny ideas during a focus sprint.

Body Double

External accountability—human or bot—so you show up.

Yes-and Plan

Backup steps for when life throws glitter in your gears.

Context Cookie

A tiny note that lets future-you resume fast.

Focus Fuel

Your pre-task ritual: water, snack, song, start.

Brain Grease Pencil

Quick annotation tool for messy minds.

Zap Zone

A 10-minute sprint to blast one blocker.

Shiny Object Net

Triage for new ideas: capture, tag, later.

Boundaries Bot

Nudges that help you say no without essays.

Focus Debt

The cost of too many switches. We help you refinance.

Compassion Cache

Stored kind words for when you're crispy.

Reroute Prompt

A gentle redirect: 'Are you sure you want to switch?'

Anti-Perfection Patch

Prevents you from formatting your to-do list for an hour.

Noise-Cancel Plan

A script for people, phones, and pets.

Momentum Math

Pick the smallest task that starts the snowball.

Task Triage

Now / Next / Never. Ruthless is kind.

Focus Fence

App-level blocks that expire after your sprint.

Reward Ramp

Every completed task boosts the next confetti level.

Snooze Guilt

A feature that cancels shame about pauses.

Attention Tax

The price of interruptions. We reduce it.

Scope Slide

When a to-do becomes a saga. Pull it back.

Wizard Window

Your peak-focus time. Guard it like a dragon.

Anchor Habit

A reliable action that helps start everything else.

Caffeine Clause

Hydrate before more coffee. Your neurons vote yes.

Focus Friend

Optional buddy who cheers, not chases you.

Clean Exit

A way to stop without ghosting your future self.

Nudge Ceiling

Daily cap on nags so you don't mute us forever.

Gremlin-Proofing

Design that removes silly pitfalls before you fall.

Checklist Charisma

Lists that feel like a game, not chores.

Momentum Mercy

We forgive dropped balls. Pick one and roll.

Time-Blind Beacon

Reminders that tell you where you are in the hour.

Freeze Frame

Snapshot your workspace before a break.

Task Teleport

Jump straight to the next best action.

Context Quiet

Mute the irrelevant apps during a sprint.

Lag-Friendly

Works even on potato Wi-Fi and older phones.

Low-Data Mode

Because not everyone has unlimited everything.

Two-Tap Triage

Triage tasks in under 10 seconds.

Nudge Etiquette

Rules so we never overstep—customizable by you.

Clarity Corner

A space for brain-dumping, then sorting.

Focus Forecast

Predicts your best windows for hard things.

Shiny Audit

Review your captured ideas; choose a few to keep.

Tempo Toggle

Fast-slow rhythm to avoid burnout.

Scope Guard

Hard stop before you volunteer for five new things.

Focus Dividend

Time you get back after protecting attention.

Gremlin Meter

Silly scale for how spicy your brain feels.

Permission Slip

A note to yourself that it's okay to be imperfect.

Win Whisper

A quiet 'nice job' when you need it most.

Momentum Mender

Tools for re-starting after a rough patch.

One-Screen Rule

If it doesn't fit, it doesn't start now.

Reroute Roulette

A playful random prompt to restart momentum.

Breadcrumb Buzz

Tiny pings that keep your thread alive.

Hype Line

A one-liner that makes you grin and go.

Calendar Catcher

Pulls stray commitments into one view.

Offline OK

Core features work with no signal.

Soft Start

Five gentle minutes to warm up a cold brain.

Streak Spark

A bright effect when you keep a promise to yourself.

Brain-Safe Colors

ADHD-friendly palette that doesn't glare.

Detour Detective

Notifies when you drift and invites you back.

Energy Etiquette

Teaches others your best times to reach you.

Micro-Macro Switch

Zoom into steps or out to the big picture.

Kind Defaults

Settings that assume you're human, not a robot.

Nap is Noble

Rest is productive. Science said so.

Divergipedia

Our living dictionary of chaos-taming terms.

Switch-Savor

Celebrate the switch you didn't make.

Task Tetris

Fit little actions into weird gaps of time.

Future-Proof Me

Backups for your routines when life explodes.

Exit Grace

How to stop a sprint kindly and clearly.