The Coming Age of Wisdom Work

RESEARCHLAB
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*Title inspired by Joe Hudson's article: Hudson, Joe. Knowledge Work Is Dying—Here's What Comes Next. Every (newsletter "Context Window"), May 29, 2025. Online at Every.to

0001 // PART 1

The best art comes from a place of surrender, where you're not trying to control the outcome but allowing the process to unfold through you.

— Rick Rubin, *The Creative Act* (2023)

It feels like linear production models are becoming a thing of the past. As AI becomes more integrated into the way we create and collaborate, a softer, more emotionally aware approach is taking its place. Work is starting to feel less like execution and more like improvisation. It's becoming more intuitive.

Before AI can free us to be creative, we need to remember how to enter that space again — and rebuild the rituals we lost chasing productivity.

How do you see your workflow once AI handles, say, 70–80% of your tasks?

Flow states	**matter**
Presence	**matters**
Vibe	**matters**
Emotional resonance	**matters**
Creating space for the unknown	**matters**
Improvisation	**matters**
The pause	**matters**

New Workflow Archetypes

From time management to state regulation

Stop managing time. Start managing your state. When your nervous system is settled and your attention is unified, you don't just work harder — you work from a different dimension entirely.

Intuitive and somatic attunement

Thomas Hübl emphasizes "inner and outer coherence" as a basis for effective communication. Hübl teaches that a leader who cultivates grounded presence can "naturally regulate the environment around them," creating a calm center that influences others.

Authenticity and self-expression

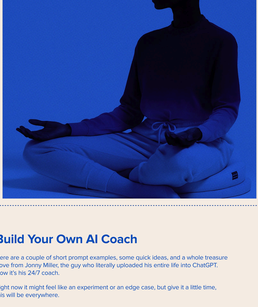
Leaders who possess authenticity are true to themselves and clear about their values. They communicate transparently and build trust with their teams organically.

Depth Leadership

Embracing emotions rather than repressing them, fostering radical honesty in relationships, and replacing control with trust.

AI as a co-regulator and facilitator

Think of AI as a kind of interactive mirror or coach that can reflect our patterns back to us and help regulate our workflow in real-time. It can analyze your communication style, flag recurring stress language, and detect behavioral loops.



Build Your Own AI Coach

Here are a couple of short prompt examples, some quick ideas, and a whole treasure trove from Jonny Miller, the guy who literally uploaded his entire life into ChatGPT. Now it's his 24/7 coach.

Right now it might feel like an experiment or an edge case, but give it a little time, this will be everywhere.

copy this prompt & paste it into your AI system:

```
You are trained in somatic experiencing and the IN Model™ (Notice, Name,
Navigate). Help me identify physical signals of stress and overwhelm in real
time, then guide me through nervous system regulation techniques that restore
calm, clarity, and grounded decision-making.
```

To do this, record your work meeting using Plaud or a voice recorder, then paste the transcript into the AI platform you use most:

copy this prompt & paste it into your AI system:

```
Act as an AI coaching assistant that analyzes our conversation in real-time
and suggests powerful questions I hadn't thought of that could lead to deeper
(insights and transformational) breakthroughs. Prompt me with questions based on
what you're observing in our discussion.
```

MORE: buildyouraicoach.com

Working with your own data and customizing your AI are essential.

That's how it becomes a daily companion attuned to your priorities, patterns, and blind spots.

A simple way to start is with the **3-Question Daily Framework:**

Morning
"Help me clarify what actually matters today."

Evening
"Ask me 3 questions to help me reflect and reset."

Anytime
"Challenge my assumptions about this."

Knowledge about limitations of your data collection process affects what inferences you can draw from the data.
— Nick Bostrom

NOWHERE NOWHERE

Flow State

You're entering the zone now.

Develop a short team ritual to start focus sessions or the working day. This could be a two-minute guided meditation, for example, or sharing a cup of matcha. Alternatively, you could simply sit in silence together for 2–5 minutes.

Carve out at least 90–120 minutes where everyone is expected to focus on their most important work with no meetings or pings.

Starting each day together, remember the **VIEW framework** for communication:

V	**Vulnerability:**	Saying the scary thing that's true
I	**Impartiality:**	Not trying to manipulate outcomes
E	**Empathy:**	Understanding others' perspectives
W	**Wonder:**	Approaching situations with curiosity

(Source: Joe Hudson)

What Research Lab Integrates into Its Workflow Daily

Custom Flow State Workshops

Practical sessions designed to activate and sustain deep focus during complex work. Based on McKinsey data, teams trained in flow saw up to 40% higher retention and major productivity gains. We also occasionally practice body scans, centering breaths, and collective guided meditations.

Workspace as Emotional Technology

We blend science and comfort: circadian lighting, red light therapy, biophilic design, personalized soundscapes (like Endel), mindful break apps, meditation pods, and fidget-friendly desks.

Real-Time AI Support

We train teams to co-create with AI from idea generation to rapid concept testing. Companies using these tools report +35% in team creativity and faster innovation cycles.

Second Brain

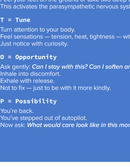
AI agents auto-organize Research Lab notes, meetings, and docs into living knowledge graphs. They surface contextually relevant info exactly when needed like a second brain on demand.

The Nootropic Station

Select blends like L-theanine, lion's mane, and Ashwagandha support sharper memory, better reaction time, and mental agility — backed by recent cognitive research.

S.T.O.P. — Micropractice for Resetting Your System

(from MBSR – Mindfulness-Based Stress Reduction official program)



S = Stop

Pause.
Feel your feet on the ground or take two deep belly breaths.
This activates the parasympathetic nervous system — a counter to stress.

T = Tune

Turn attention to your body.
Feel sensations — tension, heat, tightness — without resisting or analyzing.
Just notice with curiosity.

O = Opportunity

Ask gently: *Can I stay with this? Can I soften around it?*
breate into discomfort.
Exhale with release.
Not to fix — just to be with it more kindly.

P = Possibility

You're back.
You've stepped out of autopilot.
Now ask: *What would care look like in this moment?*

Vibecoding: A Practice for the New Era

Vibe coding is an AI-assisted programming approach popularized by Andrej Karpathy in early 2025. Karpathy defines it as **"fully giving in to the vibes, embracing exponentials, and forgetting that the code even exists"**.

Unlike traditional coding, the human does not type out or closely review every line; instead they **"just see stuff, say stuff, run stuff, and copy paste stuff, and it mostly works"**.

Karpathy frames this as **"Software 3.0,"** a natural language-driven evolution from traditional **"Software 1.0"** and data-driven **"Software 2.0."**

Key principles:

1. **Trust in AI capabilities:** "Accept All" mentality without reading diffs
2. **Iterative problem-solving:** Copy-paste error messages directly to AI for fixes
3. **Embracing uncertainty:** Code grows 'beyond my usual comprehension'
4. **Focus on outcomes over process:** Prioritizing what works over understanding how

Vibecoding marks a significant shift in our relationship with code, creativity and cognition. It's not just a productivity hack, but a sign of a changing paradigm.

Rather than the traditional design → build → test model, vibecoding allows you to probe reality through code in real time. It's about sensing what's possible rather than executing the predetermined. This makes it ideal for exploring emergent ideas, speculative interfaces or hybrid AI systems.

I. **Human sets the vibe**
— establishing taste, tone, and direction

II. **AI generates variations**
— exploring forms the human might not foresee

III. **Human reacts**
— feels into what works, gives gut-level feedback

IV. **AI refines**
— adjusts, evolves, starts to make it click

V. **Human curates**
— selects what resonates most and realigns with the original vision

Research Lab Tools selection for vibecoding

Cursor Composer	Karpathy's preferred AI-powered IDE
SuperWhisper	Speech-to-text tool for voice-driven coding
Claude Code	The LLM Karpathy frequently uses
GitHub Copilot	Alternative AI coding assistant
Lovable	Fastest growing AI for prototyping apps
Replit	Platform for rapid prototyping and deployment
Windsurf	Code editor with AI integration
Bolt.new	Rapid web application development
Vercel	Deployment and hosting platform

Final Thoughts

While AI can handle the **'how'**, the **'why'** will always be uniquely and irreplaceably human. **The ability to see the whole as more than the sum of its parts** is our core advantage.

We don't just solve problems; we engineer context and systems — **we curate**.

The point is not humans versus machines, but diverse forms of intelligence learning to work **together**.

Collaboration begins with knowing **where we stand** and what we bring to the table.

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