

Living Signal

Inside Cover Cheat Sheet

Entry Format

DATE:

LOCATION:

CONTEXT: <one word>

Then write normally.

Add a Signal only if something matters

Signal: <Type>
<your words>

That's it.

Canonical Signal Types

Reflection — meaning, insight, perspective shift

Emotion — felt experience, mood

Decision — choice, commitment, intent

Question — open inquiry, uncertainty

Memory — past resurfacing with meaning

Identity — who I am / who I'm becoming

Context Examples:

- Daily (default)
- Travel
- Work
- Relationship
- Health
- Insight

Rules

- One Context per entry
- Signals are optional and intentional
- Write like a human

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