SYSTEM_STATUS_CHECK // hOS v1

A 15-minute diagnostic for your Human Operating System.

The promise: You audit your finances, your code, and your team. This is the audit for the machine running them all: **You**.

INPUTS		hOS CORE		OUTPUTS
Sleep / Fuel	→	Hardware (Body)	→	Behavior
Noise / Light	→	OS (Mind)	→	Decisions
People / Context	→	Network (Relationships)	→	Results

Note: This is not therapy and not a diagnosis. It is a structured self-audit.

USER_MANUAL // Instructions

The rule: Do not "journal." Answer with data.

How to run the audit (15 minutes):

• Read each question once.

• Mark **[PASS]**, **[FLAG]**, or **[FAIL]**.

• Write a short **Data Point** (1-2 lines). Use numbers, facts, time ranges, and examples.

• When finished, count your **FLAG + FAIL** marks per section to locate the bottleneck.

Scale:

• **[PASS]** = system functioning within optimal parameters.

• **[FLAG]** = strain or inefficiency (needs attention).

• **[FAIL]** = critical error / offline (immediate maintenance required).

Output: Identify which suit is your bottleneck: **Hardware**, **Operating System**, **Network**, or **Output**.

Stop rule: If a question spikes your anxiety, pause 60 seconds. Take 6 slow breaths. Continue only when stable.

SECTION I // HARDWARE INTEGRITY

Status of the physical vessel and nervous system.

Tag	Question	PASS	FLAG	FAIL	Data point
[BIO.SLEEP]	Over the past 14 days, how consistent is your wake time across days?	[ ]	[ ]	[ ]	_____ _____
[BIO.RHYTHMS]	What is your typical first hour after waking (screens, movement, caffeine, planning)?	[ ]	[ ]	[ ]	_____ _____
[BIO.CAFFEINE_NICOTINE]	What is your caffeine/nicotine signature (timing, dose, and the later cost)?	[ ]	[ ]	[ ]	_____ _____
[BIO.SENSORY_OVERLOAD]	Which sounds, textures, or lighting conditions instantly irritate or exhaust you?	[ ]	[ ]	[ ]	_____ _____
[BIO.BREATH_SIGNATURE]	Under stress, do you hold your breath, breathe shallow, or breathe fast?	[ ]	[ ]	[ ]	_____ _____
[BIO.TENSION_PATTERNS]	Where do you feel stress first (jaw, chest, gut, neck)?	[ ]	[ ]	[ ]	_____ _____
[BIO.INTEROCEPTION]	How quickly do you notice hunger, dehydration, or fatigue before performance drops?	[ ]	[ ]	[ ]	_____ _____
[BIO.DISSOCIATION_TELL]	What is your earliest shutdown tell (zoning out, heavy limbs, coldness, blank mind)?	[ ]	[ ]	[ ]	_____ _____

SECTION II // OPERATING SYSTEM

Status of your internal narrative, attention, and processing logic.

Tag	Question	PASS	FLAG	FAIL	Data point
[PERF.COG_LOAD]	How many open loops are currently in your RAM (tabs, tasks, messages, unresolved decisions)?	[ ]	[ ]	[ ]	_____ _____
[PERF.DEEP_WORK]	When was your last uninterrupted 60-minute deep work block?	[ ]	[ ]	[ ]	_____ _____
[PERF.DECISION_FATIGUE]	What decision have you been deferring for more than 7 days?	[ ]	[ ]	[ ]	_____ _____
[M.COG_DISTORTION]	What fear are you currently disguising as logic?	[ ]	[ ]	[ ]	_____ _____
[M.CONTROL_STRATEGY]	Where do you demand certainty that life cannot provide?	[ ]	[ ]	[ ]	_____ _____
[M.RUMINATION_ENGINE]	What scenario does your brain replay when idle or waiting?	[ ]	[ ]	[ ]	_____ _____
[PERF.METRICS_OBSESSION]	Which metric controls your mood more than it should?	[ ]	[ ]	[ ]	_____ _____
[PERF.IMPOSTOR_PATTERN]	Before high-stakes meetings, what do you assume others will discover about you?	[ ]	[ ]	[ ]	_____ _____

SECTION III // NETWORK PROTOCOLS

Status of connection, trust defaults, boundaries, and social battery.

Tag	Question	PASS	FLAG	FAIL	Data point
[REL.CO_REGULATION]	Who leaves you calmer after talking, and who leaves you more activated?	[ ]	[ ]	[ ]	_____ _____
[REL.BOUNDARY_LEAKS]	What boundary do you set too late (or not at all)?	[ ]	[ ]	[ ]	_____ _____
[REL.TRUST_DEFAULT]	Do you trust people by default, or mistrust until proven? Why?	[ ]	[ ]	[ ]	_____ _____
[REL.CONFLICT_STYLE]	Under conflict, what is your default move: pursue, withdraw, freeze, fawn, or attack?	[ ]	[ ]	[ ]	_____ _____
[REL.REPAIR]	After a rupture, do you repair quickly or let distance calcify?	[ ]	[ ]	[ ]	_____ _____
[REL.EMOTIONAL_LABOR]	Where are you carrying emotional labor that should be shared?	[ ]	[ ]	[ ]	_____ _____
[REL.LONELY_IN_ROOM]	In which relationship do you feel unseen even when you are present?	[ ]	[ ]	[ ]	_____ _____

SECTION IV // SYSTEM OUTPUT

Status of habits, money psychology, and crisis response.

Tag	Question	PASS	FLAG	FAIL	Data point
[PERF.BUSYWORK]	What do you call "productivity" that is actually avoidance?	[ ]	[ ]	[ ]	_____ _____
[M.AVOIDANCE_LOOP]	What important thing are you "almost starting" all the time?	[ ]	[ ]	[ ]	_____ _____
[PERF.RECOVERY_DEFICIT]	Which recovery input are you under-investing in (sleep, movement, connection) by 30%+?	[ ]	[ ]	[ ]	_____ _____
[PERF.LATE_NIGHT_GRIND]	When did you last trade sleep for output, and what did it actually buy you?	[ ]	[ ]	[ ]	_____ _____
[M.THREAT_RESPONSE]	In a sudden crisis, do you freeze, panic, or go into hyper-focused commander mode?	[ ]	[ ]	[ ]	_____ _____
[M.SCARCITY_SCRIPT]	Does spending money make you feel safe, powerful, or guilty? What story drives it?	[ ]	[ ]	[ ]	_____ _____
[PERF.OVERCOMMIT]	What commitment should be downgraded or deleted this week?	[ ]	[ ]	[ ]	_____ _____

DIAGNOSTIC // Bottleneck Identifier

Count your **FLAG + FAIL** marks in each section. The highest count is your current bottleneck.

Suit	FLAG + FAIL	Diagnosis	Immediate patch
Hardware	_____	**Somatic Drag**: your body is rejecting your schedule.	Lock wake time. Reduce sensory friction. Add basic recovery inputs.
Operating System	_____	**Cognitive Debt**: old scripts are consuming RAM.	Audit certainty addiction. Reduce decision load. Name the fear behind the logic.
Network	_____	**Relational Drain**: boundaries/trust/repair are leaking bandwidth.	Patch boundary leaks. Repair one key rupture. Increase co-regulation inputs.
Output	_____	**Behavioral Loop**: avoidance-anxiety cycle keeps you busy but stuck.	Identify busywork. Cut it by 50%. Protect one deep-work block and one recovery block.

Critical note: If you marked **FAIL** on sleep, panic, or shutdown items, treat that as maintenance priority.

SYSTEM_UPDATE_AVAILABLE

You identified the bottleneck. Now we fix the code.

If you flagged **Hardware** or **Output**, you are likely running a burnout loop (stimulants + late-night grind + busywork + recovery debt).

THE FOUNDER BURNOUT PROTOCOL ($29)

• 50-question deep-dive (balanced across Hardware, OS, Network, Output)

• Clear sequencing: low-threat start → core dynamics → actionable patch plan

• Safety-capped (I1–I3) and designed for self-paced use

CTA: Get the protocol → [your link here] | QR placeholder

Preview (redacted)	
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PATCH_NOTES // Safe fixes you can apply today

Apply 1–2. Measure for 7 days.

Suit	Patch
Hardware	Fix wake time ±30 minutes. Keep caffeine after 60–90 minutes awake.
Hardware	Reduce sensory friction: dim harsh lights; silence non-essential notifications.
OS	Create a decision quarantine list: defer non-urgent decisions to one weekly slot.
OS	Cap open loops: close tabs to < 15; capture the rest.
Network	Patch one boundary leak: one clear "no" or renegotiation this week.
Network	Add co-regulation: one conversation with a person who calms your system.
Output	Cut busywork by 50%: delete, delegate, downgrade.
Output	Protect two blocks: 60 min deep work + 30 min recovery (non-screen) daily.

APPENDIX // Tag legend + safety

Tag legend: BIO.* = body & rhythms, PERF.* = performance signals, M.* = mechanisms, REL.* = relationship dynamics.

Safety: If you experience panic, dissociation, or persistent low mood, stop and seek qualified support. Educational only.

Build note: Hardware → OS → Network → Output.