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The PLAIT Framework

Intentional context, the three strands as lenses, strand emphasis, and Signal → Insight → Movement — in the canon's own sentences.

The PLAIT Framework is the philosophy given structure: three interdependent strands — Flow, Tribe, and Prosper — and, across them, one recurring dynamic, Signal → Insight → Movement. This guide carries the canon's own sentences.

Intentional context

A PLAIT is an intentional context for what belongs together. Organization answers *where* something belongs; context answers *why* it belongs there. A PLAIT may be a family, a health situation, a business, a creative direction, a relationship, a responsibility, or a possibility — anything whose parts are better understood together than apart.

The braid metaphor is structural, not decorative:

- **Your PLAIT** is the whole lived weave: the changing totality of contexts, relationships, signals, responsibilities, resources, practices, and possibilities through which you experience and navigate your life.
- **A PLAIT** is one intentional context or subcontext brought into focus within that wider weave.
- **Flow, Tribe, and Prosper** are the three strands that can be traced within a PLAIT and across your wider PLAIT.

The three strands

PLAIT is practiced through three interdependent strands. These are not three departments of life, three personality types, three product tabs, or a mandatory sequence. They are three recurring functions through which any intentional context can be lived, understood, related, and sustained.

Flow concerns movement and continuity. Tribe concerns relationship and participation. Prosper concerns growth, outcomes, and capacity.

Strand	At the philosophy level	At the framework level
Flow — how you move	Lived systems are always moving. A person needs a way to remain oriented, move with intention, return after disruption, and adapt without treating change as failure.	A way to understand movement through context: orientation, attention, signal, pattern, decision, action, pause, return, rhythm, and adaptation.
Tribe — who you move with	Lived systems are relational. No person experiences the whole system from every position, and no meaningful context is completely isolated from other people, roles, communities, or institutions.	A way to understand participation across context: relationship, role, signal, reception, expectation, authority, trust, boundaries, coordination, contribution, and shared consequence.
Prosper — what grows from that movement	Intentional practice should be able to ask what it would mean for a context to become clearer, safer, stronger, more complete, more capable, or more able to sustain what matters.	A way to understand contextual growth: what capabilities and resources are required, what outcomes are realized, what costs are carried, and what can be sustained or reinvested.

A Family PLAIT is not merely Tribe. It also contains Flow: routines, care, attention, decisions, patterns, and movement. It contains Prosper: time, energy, money, capability, opportunity, stability, and the capacity to continue caring. A Business PLAIT is not merely Prosper; it also contains Flow and Tribe. The strands describe **how context is being practiced**, not **what category the context belongs to**.

Emphasis, not equality

Flow, Tribe, and Prosper remain available within every PLAIT, but they do not require equal attention or explanation.

Emphasis	Meaning
Foregrounded	The strand contains the primary uncertainty, responsibility, friction, decision, or opportunity at this moment.
Supporting	The strand materially helps the foregrounded work but does not require equal attention.
Latent	The strand remains part of the context but does not need active articulation right now.

Foregrounding directs attention. It does not rank the strands or remove the others from the weave.

One strand must not be used to bypass another. Flow should not optimize around a relational conflict that needs direct Tribe work; Tribe should not become endless conversation that avoids a Flow decision; Prosper should not use targets or growth to override health, boundaries, trust, or the wider PLAIT. A healthy braid does not make one strand carry what the others refuse to address.

Signal → Insight → Movement

Flow, Tribe, and Prosper describe the three strands. Signal, Insight, and Movement describe the recurring dynamics that operate through every strand. They are not a fourth strand, a replacement practice model, or a rigid three-step funnel.

Signal makes a condition observable. Insight makes it intelligible in context. Movement changes the condition, the practitioner's relationship to it, or what happens next. Movement then produces new signal. The practice is recursive.

Dynamic	What it is
Signal	An observable indication — created, noticed, received, or produced — that may change how a context is understood, navigated, related, or acted within. A signal does not explain itself. Context makes signal legible; signal keeps context current.
Insight	A grounded and revisable understanding that emerges when signals and relationships are interpreted within context. It should remain attributable: what produced it, what is known, what is inferred, what remains uncertain. Insight is not automatically truth.
Movement	An intentional change, continuation, or response within or across a PLAIT. It does not always mean doing more: asking, waiting, pausing, protecting a boundary, repairing, delegating, accepting, or stopping are all movement.

A signal is not automatically true, important, urgent, complete, a command, a decision, representative of everyone, or worthy of permanent capture. It is an indication that may deserve interpretation. Intentional context helps you determine what the signal belongs with, what it may indicate, how much weight it should carry, and whether anything should change because of it.

The strands braid

The strands support and constrain one another. Flow without sufficient capacity may become exhausting or fragile. Prosper without Tribe may become extractive, or blind to who carries cost. Tribe without Flow may generate conversation without movement or continuity. The strands braid because each can carry signal into the others and change what becomes possible across the whole.

The framework stays stable. The context changes.

By PLAIT Version 1.0 Updated 2026-10-03

Source: Canon v0.31 §4, §8 and §13; Practice Model §4–§5. Sentences the canon marks as developing are carried as written.

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