

GUIDE · PUBLIC · 8 MIN

The PLAIT Practice

What the Practice is, the core practice in seven movements, entry points, strand emphasis, and how iteration works — no app, no account, no membership required.

The PLAIT Practice is the ongoing application of the PLAIT Framework to lived context.

A person practices PLAIT whenever they recognize that parts of a situation belong together, locate themselves within that context, work with what is becoming visible, and continue adjusting as the context changes.

That recognition can be explicit or quiet. You may say "this is a PLAIT," give it a name, map it on paper, or create it in the PLAIT Context System. You may also hold it mentally as a running understanding of a family matter, a health concern, a business problem, a creative direction, a relationship, a responsibility, or a possibility.

The practice can occur entirely in thought, in a notebook or journal, on a wall of index cards, in a calendar or planning system already in use, through conversation, through a facilitated session, within a team or community, or in the PLAIT Context System. A medium can preserve history, make relationships visible, support recurrence, enable collaboration, and reduce cognitive load. It does not authorize the practice or define what counts as one.

The practice precedes its representation.

Anyone may learn and practice PLAIT. Independent practice is fully legitimate and complete on its own terms. Joining PLAIT — becoming a member of PLAIT — provides deeper participation in the shared environment around the Practice; it does not make someone a more legitimate practitioner. The PLAIT Context System supports the Practice. It never authorizes it.

The core practice

The integrated practice can be taught simply:

1. **Begin where signal appears.** Notice what brought the context into attention.
2. **Get oriented.** Bring enough of what belongs together into view and locate where you stand.
3. **Foreground what matters.** Recognize whether the present work is primarily Flow, Tribe, Prosper, or a braid among them.
4. **Form a current insight.** State the clearest grounded understanding available without pretending it is final truth.
5. **Choose fitting movement.** Act, attend, ask, wait, protect, coordinate, continue, recover, pivot, stop, or accept according to the context.
6. **Receive what returns.** Notice what happened, changed, failed, succeeded, remained unresolved, or became newly visible.
7. **Iterate.** Integrate what matters, reorient, and continue from a more current PLAIT.

This is not a mandatory workflow. You may begin with a conversation, an inherited responsibility, an urgent protective movement, an outcome already in motion, or a return signal from something that happened earlier. Several parts may occur at once or remain entirely mental. The sequence exists to make the practice easier to understand. It should not make ordinary life feel like a process that must be performed correctly.

Set Your PLAIT. Find Your Flow. Build Your Rhythm.

Orientation, movement, continuity — an invitation, not a required linear workflow. The Practice travels: mentally, conversationally, on paper, in a calendar, through task, note, and project systems, with an AI system, in a team, within a relationship, in family life, in business, through existing software, and through the PLAIT Context System. The medium supports the Practice; it does not authorize it.

Entry points

There is no single doorway. A PLAIT may begin wherever relevant signal appears: a question, a concern, a symptom, a request, a disagreement, an idea, a goal, a failure, an opportunity, an interruption, an emergency, a recurring feeling, or the simple recognition that several things belong together.

Two directions of recognition are equally valid:

- **Context first.** You recognize a family, business, project, relationship, community, or transition, and then begin noticing what belongs within it.
- **Signal first.** You notice several concerns, events, ideas, obligations, or patterns, and their relationship gradually reveals the PLAITS they belong to.

A PLAITS may be created, discovered, received, inherited, assigned, shared, imposed, or already in motion before you become aware of it. You do not need to originate the context in order to orient and practice within it.

Set Your PLAITS names this act of orientation. It is not a setup step, a template, or a product action. A person may set their PLAITS without naming it, documenting it, or changing tools — by recognizing what belongs together, locating where they stand, and beginning to work honestly from there. Clarity is not required before practice begins. Clarity develops as context is brought into view.

The first articulation may be partial, emotional, vague, or wrong. A **working articulation** is simply the clearest current statement of what context is in view, what appears to matter, what remains uncertain, where you stand, and what the context may be trying to protect, resolve, complete, understand, or make possible. It is current, not final.

Strand emphasis

Flow, Tribe, and Prosper remain available within every PLAITS, 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.

Strand emphasis is first-person and time-sensitive. It changes with where you stand, what role you hold, what has been requested or inherited, the phase of the PLAITS, urgency and

consequence, and available capacity. The same shared PLAIT may foreground different strands for different people at the same moment. Prosper in particular should not be elaborated merely to complete the model. It may remain latent, or be no more complicated than safety, completion, recovery, enough, a desired outcome, or an unresolved question about what comes next.

Signal, Insight, Movement — and iteration

Signal makes a condition observable. Insight makes it intelligible in context.

Movement changes the condition, your relationship to it, or what happens next.

Movement then produces new signal. The practice is recursive.

- **Signal** is an observable indication — created, noticed, received, or produced — that may change how a context is understood, navigated, related, or acted within. Signals do not carry equal weight: a reaction is lighter than a sustained behavior; a purchase shows accepted exchange, not satisfaction; silence is interpretable only where a response was genuinely expected.
- **Insight** is 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** is 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.

Iteration is the normal development of a lived context — not a circular task you must continuously perform, and not evidence of failure. What returns may be integrated, followed by reorientation and, where needed, adaptation. A PLAIT may also legitimately continue, pivot, pause, complete, go dormant, close, split, or merge.

A PLAIT should be stable enough to practice and alive enough to revise.

Failure and success both return signal. PLAIT does not flatten failure into positivity or treat pain as useful merely because it can teach something. It holds that no outcome sits outside the practice: every outcome can update the context.

Capacity

The Practice should scale to your available attention, energy, health, time, support, and safety. Set Your PLAIT is orientation, not setup — no fields to complete, no template to fill in, no formal map to produce. A fifteen-minute weekly review of one context is a complete practice.

By PLAIT Version 1.0 Updated 2026-10-03

Source: Practice Model §1–§5 (docs/PRACTICE_MODEL.md), carried verbatim with the Canon v0.31 name for the native application.

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