

REFERENCE · PUBLIC · 3 MIN

Signal → Insight → Movement

The recurring dynamic that operates through every strand: what a signal is, what insight is, what counts as movement, and why the practice is recursive.

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.

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Source: The PLAIT Framework guide, the section of the same name (Canon v0.31 §8), carried verbatim.

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