

The Executive Function Prosthetic: A System I'm Building

A local-first system for reducing mental reload cost and preserving state across context switches.

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My brain doesn't work linearly.

It jumps, switches, drops context, and loses state.

The cost isn't thinking — it's reloading.

Most productivity systems assume continuity.

They assume you can pick up where you left off.

That assumption breaks under high context switching.

When I move from analyzing neural networks to calculating the thermodynamics of a masonry heater, I lose state.

Not ideas — state.

Reconstructing that state takes time. Sometimes hours.

I call this the Mental Reload Cost.

This is not an app.

It's an external memory system.

The Problem with the Cloud

I don't trust systems I can't touch.

If the power goes out, or an API changes, my data should still exist.

- **Local-first:** Everything lives on disk.
- **Human-readable:** Data is stored as raw .json files.
- **Folder-sync:** Projects mirror the file system exactly.

Next Task Protocol

The core of the system is the Next Task protocol.

Choice paralysis kills execution.

I don't want a list of 100 things.

I want one thing.

The system must always answer:

- What is the next step?
- What was I thinking last time? (Last Activity)

Towards Execution

This is about reducing the gap between thought and action.

Version 0.1 is not about UI.

It's not about features.

It's about reducing reload time from hours to seconds.

If I can store state, I can remove friction.

If I remove friction, I can execute.

That's what I'm building.

— Dennis Hedegreen

RELATION MEMORY

RETURNS TO [Day 0 – Starting Without a Filter](#) · Turns the Day 0 public-work problem into a local operating-system need.

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