



STAY-HUMAN-GUIDE.PDF

for the one with forty tabs open

A QUICK
READ

How to stay human in a busy, AI-filled *world*



Perfectionism, presence, community and a healthier relationship with AI ~ a short, gentle guide to balancing a full life and the desires that tug in different directions.



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Includes: how to join the One Call Away waitlist and the Soul System community.

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START HERE

You're not behind. You're *full*.

If your mind feels like a browser with forty tabs open, you're in good company. Most of us are doing more than any generation before us, with more tools, more options and more ways to feel like we're falling short. Now add AI to the mix: brilliant, helpful, and one more thing asking for our attention.

This guide is for the person who wants to do a lot and still be here for it. It isn't about doing less for the sake of it. It's about keeping the parts of life that make it yours: your people, your body, your voice, your peace.

I teach spin, homeschool two kids and build things on the side, so every idea in here is something I'm practising too, badly on some days.

It's a practice, not a performance

What's inside

- 1 When good things compete
choosing between desires that are all valid
- 2 Letting go of perfect
finishing things, and feeling okay about it
- 3 Being present
getting out of your head and into the room
- 4 Find your people
why a community class might be your best medicine
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what to hand over, and what to keep
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one tiny practice per day
- 7 Meet One Call Away
the assistant that phones you, and how to join the waitlist
- 8 Join the Soul System community
stay human, together



CHAPTER 1 · CONFLICTING DESIRES

When good things *compete*

You want to be fully present with your kids and build something of your own. You want quiet and community. Rest and ambition. Wanting both isn't a flaw; it's a season of life. The trouble starts when we try to live every desire at full size at the same time.

- 1 Say the tug-of-war out loud
Write both wants side by side: "I want ___, and I also want ___." Naming it turns a vague fog of guilt into an actual choice you can make.
- 2 Ask: which one is this season for?
Seasons aren't forever. Pick a lead desire for the next four to six weeks. The other one doesn't get cancelled; it gets a small, protected slot.
- 3 Give it a "yes with a size"
Instead of yes or no, resize: ten minutes, once a week, a rough draft. Big desires survive at small sizes, and small sizes keep the door open.

Example

Want A: be fully present with the kids.
Want B: grow my business.

This month's lead: the kids, during school hours.
B's protected slot: two 25-minute blocks, Tuesday and Thursday, no guilt.

try this tonight

Write your two competing wants. Circle the one that leads this month. Then write the smallest version of the other one that you'd be happy with, and put it in your calendar before you go to bed.



CHAPTER 2 · PERFECTIONISM

Letting go of *perfect*

Perfectionism often looks like high standards, but it's usually fear in a tidy outfit. It makes starting hard, finishing harder and resting guilty. And in a world where AI can polish anything in seconds, the bar for "good enough" keeps creeping up.

- 1** Decide what "done" means before you start
Write one sentence: "This is done when ____." When you hit it, stop. Moving the finish line mid-race is how a 20-minute job eats a whole day.
- 2** Make the first version ugly on purpose
Set a ten-minute timer and make something messy. A rough draft you actually have beats a perfect one living in your head.
- 3** Shrink it to 5–30 minutes
If something has sat on your list for a week, it's too big. Break it down until the next step is small enough to do while the kids play, then do only that step.
- 4** Share it at 80%
Send it, post it or show it before it feels ready. Feedback on a real thing is worth more than another round of private polishing.
- 5** Talk to yourself like a friend
When the inner critic starts, ask: "would I say this to someone I love?" If not, rewrite the sentence until you would.

the polish trap

AI will happily rewrite your draft forever. Set a limit: one pass with AI, one pass in your own voice, then it's done. The point of a tool is to get you out of the task, not deeper into it.



CHAPTER 3 · PRESENCE

Being *present*

Presence isn't a personality trait. It's what's left over when your mind isn't busy holding everything. Most of us aren't distracted because we don't care; we're distracted because we're the only one remembering. The fix isn't more willpower. It's giving your thoughts somewhere else to live.

- 1 **Park the tab**
When a thought barges in mid-moment, jot three words or say it into a voice memo, then come back. Catch it now, deal with it later.
- 2 **Brain-dump out loud, daily**
Pick one time a day and spend about four minutes saying everything that's on your mind. Talking is faster than typing and a lot kinder. Then sort it into small steps.
- 3 **Choose one phone-down window**
Thirty minutes is plenty: dinner, the bedtime story, the first half hour after school. Same time every day, so it becomes a rhythm instead of a battle.
- 4 **Come back to your body**
One slow breath, feet on the floor, name three things you can see. It takes ten seconds and works in the carpool line.
- 5 **Ask: what's in front of me?**
When you notice yourself drifting, look: a small face, a warm cup, a quiet minute. That's the thing you're trying to be present for.

the doorway rule

Before you walk into the room where your people are, stop at the doorway. One breath. Drop what you were carrying; it'll still be there later, written down.



CHAPTER 4 · COMMUNITY

Find your *people*

One of the best antidotes to a screen-heavy week is a room full of real people doing something together. I teach spin at community centres in North Vancouver, and it's a joy to watch people walk in scattered and tired and walk out a little lighter, with nothing needed from their phone.

Why a community class works

It gives you

- A shared rhythm, with the music and the movement doing the work
- Someone else leading, so you can skip decision fatigue for once
- Familiar faces, and being known by name
- A break from screens (hard to scroll while clipped into a bike)

It doesn't ask for

- Perfection or the right outfit
- Being "a fitness person"
- A big time commitment
- Anything except showing up

How to start

1

Pick one class a week, not five

A small commitment you'll keep beats an ambitious plan you'll abandon.

2

Treat it like a meeting

Put it in the calendar and protect it. It's not a bonus for when everything else is done.

3

Go before you feel ready

Beginner-friendly classes exist for exactly this. Tell the instructor it's your first time.

4

Arrive early, stay for the hello

Belonging gets built in the doorway and the last five minutes, not mid-workout.

not a fitness person?

It isn't about the exercise. Community centres often run walking groups, art classes, drop-in programs for parents and kids and more. The point is being known by name in a room. In North Vancouver, I'd love to see you in one of my classes.



CHAPTER 5 · TECHNOLOGY

AI without losing your *soul*

AI is a genuinely useful helper, and I use it daily. The question isn't whether to use it; it's what you hand over and what you keep. My rule of thumb: let AI carry the load, not the life.

Let AI carry

- Reminders, scheduling and sorting a messy to-do list
- First drafts of emails, lists and plans
- Turning a brain-dump into small steps
- Research summaries and lesson ideas
- Tidying, formatting and repetitive admin

Keep for yourself

- Decisions of the heart
- Hard conversations and apologies
- Your voice and your story (edit everything until it sounds like you)
- Prayer, reflection, journaling
- People: friends over chatbots, always

Five guardrails

- 1** Set office hours
Decide when AI is on and when it's off. Tools with no off switch become the boss.
- 2** Ask the after-question
When you close it, check in: do I feel more connected or less? If less, step back.
- 3** Use the time you save on people
If AI saves you thirty minutes, spend them with a human.
- 4** Guard your privacy
Don't paste anything you wouldn't say out loud in public (passwords, medical details, your kids' info).
- 5** Keep a digital sabbath
One block a week with screens fully off. Your soul needs a Sabbath, even if your inbox doesn't.

a gentle warning

AI is very good at sounding sure. Double-check the facts that matter, and don't use it as a substitute for professional care or real friendships.



CHAPTER 6 · PUT IT INTO PRACTICE

Your 7-day *reset*

Don't try to do all of this at once. Pick a week and do one tiny thing a day. Each one takes about ten minutes.

Mon Write your two competing wants. Choose this month's lead desire.

Tue Make one ugly ten-minute first draft of something you've been avoiding.

Wed Do a four-minute brain-dump out loud. Sort it into small steps.

Thu Book a class or group for next week. Put it in the calendar now.

Fri Choose one thing to hand to AI next week, and one thing you'll keep.

Sat Take one phone-down window with your people.

Sun Rest. Look back at what went well. There is nothing to optimise today.

when it falls apart

It will. A missed day isn't a failure; it's information. Pick up the next tiny step and keep going. Progress counts at any size.

Want a friend to remind you? That's exactly why I'm building One Call Away. Turn the page.



CHAPTER 7 · THE PROJECT

Meet One Call *Away*

One Call Away is a calling assistant that phones you. Instead of another app to open, a friendly voice (I call her Eden) rings at a time you choose. You talk for about four minutes, and she helps you turn what's in your head into small steps spread across your week.

What happens after the call

- 1 Your steps land where you'll see them
Things only you can do go into Google Tasks and Calendar, with reminders.
- 2 AI picks up what it can
Writing, research and planning jobs are handed to Claude to work on in the evening. You get a recap email.
- 3 She checks in gently, no guilt
Next time she asks how the last step went, helps shrink what felt too big, and, only if you want it, offers a little encouragement.

Where it's at

I'm building it in the open and testing it on my own life first. Joining the waitlist (the Day One Dialers Club) gets you first access to the early beta and launch news, including the course on building your own calling assistant.

join the waitlist

Be one of the first to get a call.

Join the One Call Away waitlist

waitlist.soulssystemstudio.com

One Call Away helps you organise and feel encouraged. It isn't therapy or a crisis service. If you're struggling, please reach out to a professional or someone you trust.



CHAPTER 8 · COMMUNITY

Join the Soul System *community*

Soul System Studio is where I build projects that use AI to bring people closer together, not pull them apart. The community is for people who want to use these tools and stay human.

What you'll find there

- 1 A monthly gathering
A real conversation with real people about balancing a full life with new technology.
- 2 My early projects
A look at what I'm building and trying out with AI, before it's polished.
- 3 A shelf of resources
Tools, prompts and ideas that help you carry less, in one place.
- 4 A newsletter with member shout-outs
Because it's more fun when we cheer each other on. And maybe, one day, a yearly digital-detox retreat.

come sit with us

Come as you are, with all your open tabs.

Join the Soul System community

soulsystemstudio.com

Be present. Be imperfect. Stay a person.

~ Nissi

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