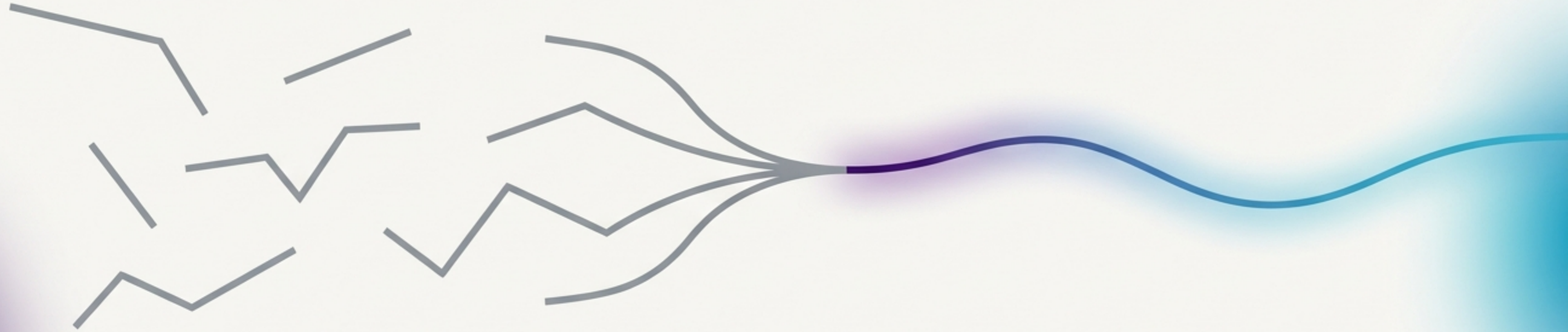




Continuo Private Preview

A calm reference for getting started, capturing continuity, and shaping the product.



Life is fragmented. Your important ideas shouldn't be.

Good intentions often fade before they have enough time and structure to become real. Continuo exists because some things are too important to lose just because they didn't fit neatly into a calendar event, a task list, or a passing thought.

Give important threads a place to continue.

A workspace for continuity, not a productivity scoreboard.

The Scoreboard



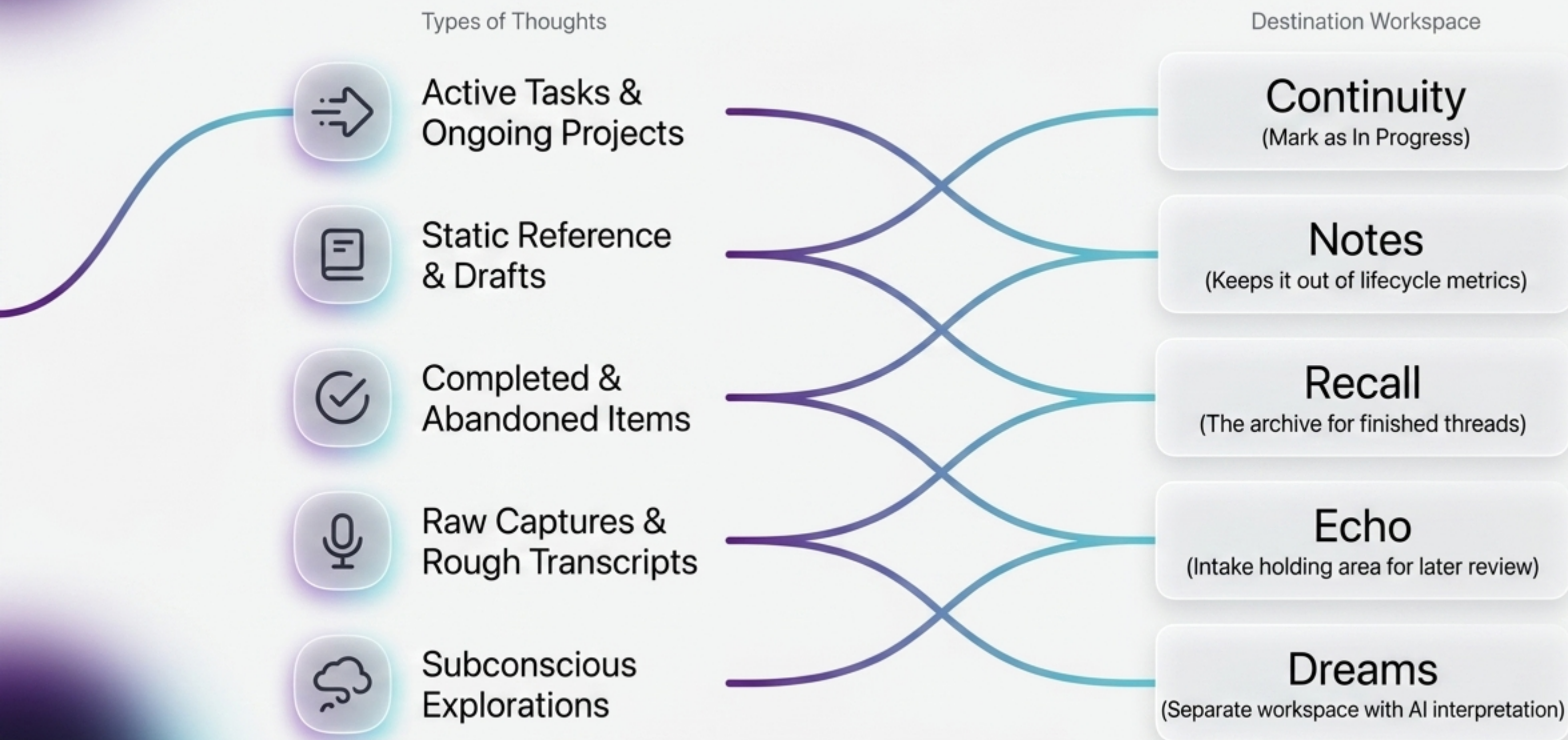
The Calm Workspace



The Architecture of the Workspace



Where does it belong?



Echo is the holding area for unrefined thoughts.

Use Echo for raw captures that need review before entering the continuity lifecycle.



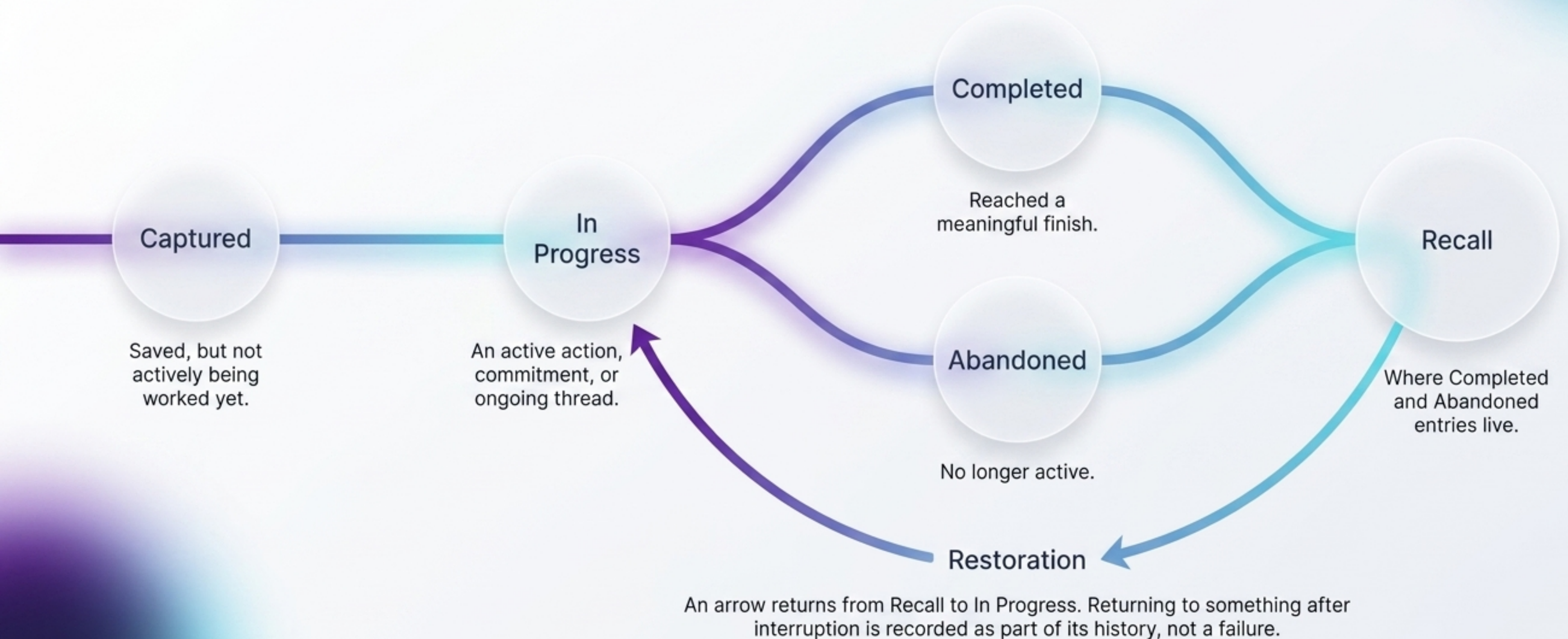
What it does:

Holds rough thoughts, transcripts, and notes. Allows you to edit context, add summaries, and eventually import exactly one polished Continuity entry.

What it doesn't do:

Automatically create entries, invent summaries, sync mobile data silently, or alter Reflection metrics just by existing.

The Continuity Lifecycle



The Anatomy of an Entry

Title & Stack ○
Organizes the entry into lanes
(General, Active, Ideas, Reflection).

State & Source ○
Tracks lifecycle position and
cognitive attribution.

Deadline ○
Anchors the entry to the
Calendar workspace.



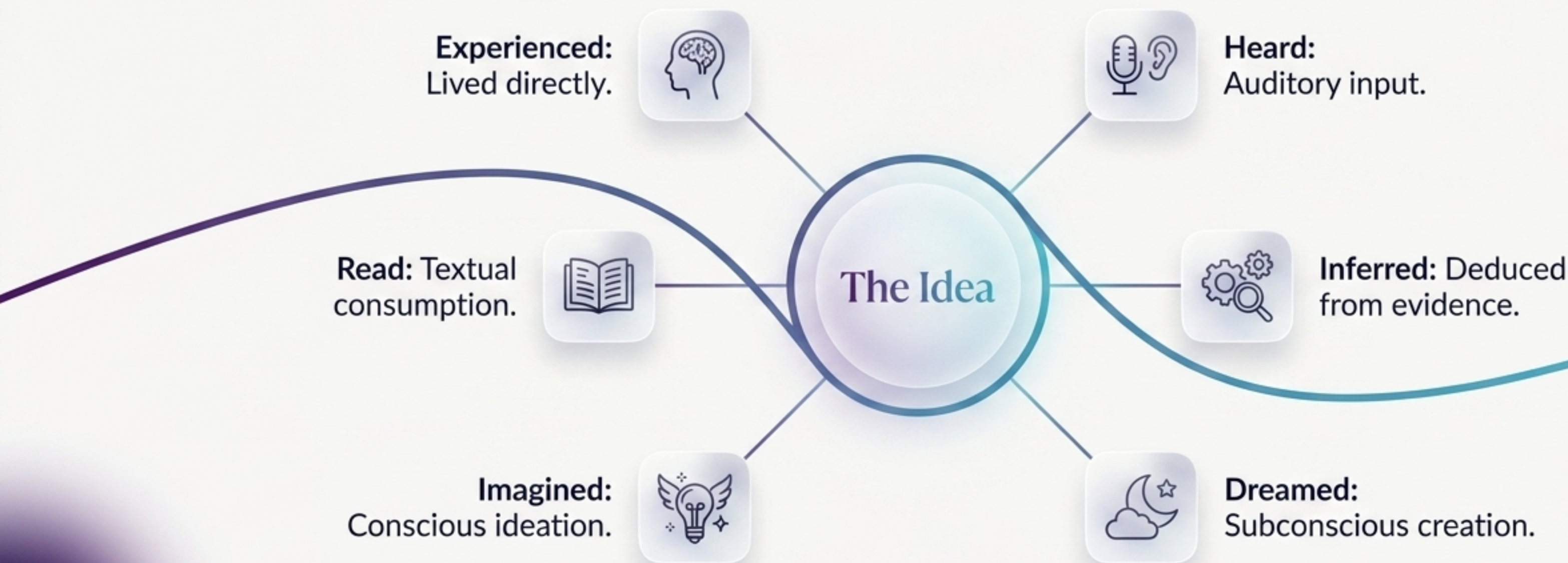
○ **Markdown Content**
Supports headings, lists, links,
code, and checkboxes.

Entry Notes

A hidden internal tab for specific entry progress, reminders, or context—distinct from standalone workspace Notes.

Tracking cognitive attribution, not just data.

Source labels describe where an entry came from. This is not a trust score—it provides factual context for future reflection.



Reference and subconscious material live on their own planes.

Notes

For static information, drafts, and saved context.

Notes do not affect lifecycle history, Reflection counts, Calendar, or Recall.

Moving a Continuity entry here preserves its Markdown but removes it from the active stream.

Dreams

A dedicated workspace isolated from main metrics.

When configured with an AI provider, use **Interpret Dream** to generate structured analysis of symbols, themes, emotions, and people without impacting your active tasks.

Managing the future and honoring the past.



The Archive (Recall)

Where finished or interrupted threads go to rest.

Because completed and abandoned ideas still matter, they are preserved here. They can remain indefinitely or be restored to active Continuity.



The Lens (Calendar)

A deadline filter, not a daily taskmaster.

View entries with scheduled dates in the visible month to notice upcoming commitments without altering the entries themselves.

Factual reflection before interpretation.

Reflection is an accountability and pattern layer. It reveals behaviors over time, rather than punishing you for interruption.



What it shows:

Summarizes active continuity, overdue entries, long-running items, and deadline reliability.

Ask Continuo:

Query your own factual history (e.g., What keeps returning from Recall?).

This is not a scorecard. The goal is to reveal patterns, not gamify your life.

You are shaping the product.

Continuo is in private preview.
The Feedback button in the right rail is your
most important tool.



Feedback

When to use it:

Whenever you hit friction, find a bug, notice confusing wording, or have a strong positive reaction.

How it works:

It captures your message, current workspace, and selected entry context. Even a single sentence explaining what happened is immensely valuable.

Your first steps in the workspace.

1

Create an Entry.

Make one Continuity entry for something you care about.

2

Add Context.

Assign it to a stack, choose its cognitive source, and add a deadline if timing matters.

3

Pin or Progress.

Pin it or mark it In Progress to keep it visible.

4

Store a Reference.

Create one standalone Note for pure reference material.

Store a Reference.

Create one standalone Note for pure reference material.

5

Submit Feedback.

Send a note about anything that felt unexpectedly helpful or slowed you down.



Continuity isn't about
never stopping. It's about
never losing the thread.

— Angel Galindez