



Continuo Private Preview User Guide

A calm reference for getting started, capturing continuity, and sharing useful preview feedback.

Preview note

Continuo is in private preview. Some parts are intentionally simple, some areas may still change, and your feedback is part of shaping the product.

What Continuo Is

Continuo is a personal continuity workspace. It is built to hold the thoughts, intentions, actions, notes, dreams, reflections, and recurring patterns that usually get scattered across apps, chats, notebooks, and memory.

The point is not to make life feel busier. The point is to give important threads a place to continue. A Continuo entry can start as a rough thought, become an active task, move into completion, return later through Recall, or simply remain as evidence of what mattered at the time.

Why I Built Continuo

For years, I found myself repeatedly losing important threads. Not because the ideas were not important, and not because the intentions were not real, but because life is fragmented.

Notes lived in one place.

Tasks lived somewhere else.

Reflections disappeared.

Dreams were forgotten.

Good intentions faded before they had enough time and structure to become something real.

Continuo was built as a response to that pattern. I wanted a place where meaningful things could stay connected long enough to develop, return, change shape, and keep moving.

It is not meant to be another productivity system that pressures people to optimize every hour. It is meant to be a calmer place for continuity: the ongoing thread between what you notice, what you care about, what you act on, what you pause, and what you eventually come back to.

That is the heart of Continuo. It exists because some things are too important to keep losing just because they did not fit neatly into a calendar event, a task list, a notebook page, or a passing thought.

The Philosophy Behind It

- Continuity over clutter: preserve the thread, not every tiny fragment.
- Thoughtful capture before feature sprawl: make it easy to get something meaningful into the system.
- A calm interface: Continuo should feel like a workspace, not a scoreboard.
- Factual reflection before interpretation: the app should show what happened before trying to explain it.
- Restoration matters: returning to something after interruption is part of continuity, not failure.

The Basic Layout

Left sidebar	Switch between Continuity, Notes, Dreams, Calendar, Recall, Reflection, and Echo. The stack list below the navigation filters the current workspace.
Center workspace	Read, write, edit, review, or ask questions. This is where the selected workspace does its main work.
Right rail	Create new items, submit feedback, open settings, view entry lists, pin/action filters, and inspect details for the selected item.

First Steps

1. Sign in with the preview account information provided to you.
2. Open the left sidebar navigation and choose the workspace you want to use.
3. Start with Continuity if you want to capture something you may act on or return to.
4. Use Notes for reference material that should not affect continuity metrics.
5. Use Feedback whenever something feels confusing, broken, too rough, or surprisingly useful.

Continuity

Continuity is the main stream for things that may move through a lifecycle: captured, in progress, completed, abandoned, and restored.

Creating Entries

- Use New Entry for a normal captured item.
- Use the New Entry menu for General, Follow-up, To-do, or Thoughts presets.
- Add a title, content, state, source, stack, and optional deadline.
- The content editor supports rich writing and Markdown-style structure such as headings, lists, links, quotes, code, and checkboxes.

Entry States

Captured	A thought or item has been saved, but it is not actively being worked yet.
In Progress	An active action, commitment, or thread.
Completed	The continuity reached a meaningful finish and moves into Recall.
Abandoned	The continuity is no longer active, but is still preserved in Recall.

Sources

Source labels describe where the entry came from: Experienced, Heard, Read, Inferred, Imagined, or Dreamed. This is not a trust score. It is cognitive attribution, so future Reflection has better context.

Useful Entry Actions

- Pin an entry to keep it near the top of the current list.
- Use Actions to focus on In Progress entries.
- Use the Source filter to narrow the list by cognitive source.
- Set a Deadline to make the entry appear in Calendar.
- Move to Stack to reorganize an entry without changing its lifecycle.
- Move to Notes when something should become reference material instead of continuity.
- Mark Complete for a quick transition into completed Recall.
- Copy Markdown when you need the raw entry content outside Continuo.

Stacks

Stacks are lanes for grouping Continuity entries. Preview accounts begin with General, Active, Ideas, and Reflection. You can filter by stack, create new stacks, rename stacks, reorder them, and add stack photos for context.

Stack deletion

When a custom stack is removed, its entries move back to General instead of disappearing.

Calendar

Calendar is a deadline lens. It shows entries with deadline dates in the visible month. Select a day to filter the right rail to entries due on that date, or use Calendar to notice upcoming commitments without changing the entries themselves.

Recall

Recall is where completed and abandoned continuity lives. It exists because finished or interrupted threads can still matter. Restoring an item from Recall moves it back into active Continuity and records that restoration as part of its history.

Notes

Notes are for reference material: static information, drafts, saved context, or anything useful that should not enter the Continuity lifecycle.

- Create a Note from the Notes workspace.
- Use Note Stacks to organize notes separately from Continuity stacks.
- Pin, move, edit, reorder, or delete notes from the Notes rail.
- Moving a Continuity entry to Notes preserves the title and Markdown content, then removes the original Continuity entry.

Important distinction

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

Entry Notes

Selected Continuity entries also have an internal Notes tab. These are notes about that specific entry and can be labeled Note, Progress, Reminder, or Context.

Dreams

Dreams are a separate workspace for dream material. Dream entries do not appear in the main Continuity stream and do not affect Continuity lifecycle metrics.

- Create a dream with title, content, stack, optional dream date, and pin state.
- Use Dream Stacks to organize dreams separately.
- Run Interpret Dream to generate a structured interpretation when an AI provider is configured.
- Interpretations can include symbols, themes, emotions, people, places, reflection questions, and a written interpretation.
- Multiple interpretations can exist for the same dream; deleting an interpretation does not delete the dream.

Reflection

Reflection is the accountability and pattern layer. It is intentionally factual first. It summarizes active continuity, overdue entries, completed and abandoned continuity, recalled items, long-running active items, and deadline reliability when enough lifecycle history exists.

- Continuity Evidence shows completed, abandoned, returned, and long-running entries when there is data.
- Ask Continuo lets you ask reflective questions grounded in your Continuo data.
- Prompt chips offer examples, such as what is active too long or what keeps returning from Recall.

Reflection is not a scorecard

The goal is to reveal patterns over time, not to gamify your life or punish interruption.

Echo

Echo is an intake workspace for raw captures that need review before they become Continuity. It is useful for rough thoughts, transcripts, or notes that are not ready to become entries yet.

- Create or select an Echo capture from the Echo queue.
- Review and edit the title, transcript, summary, notes, status, source, and optional metadata.
- Mark a capture ready when it has enough context.
- Import to Continuity to create exactly one Continuity entry with chosen stack, state, deadline, and Markdown body.
- Archived captures leave the active queue but remain available.

What Echo does not do automatically

Echo does not automatically create Continuity entries, invent summaries, record from your microphone, sync mobile data, or affect Reflection just because a capture exists.

Feedback

The Feedback button is one of the most important preview tools. Use it whenever you hit friction, notice confusing wording, find a bug, want a workflow changed, or have a strong positive reaction.

- Feedback stores your message, the current workspace, and selected entry context when available.
- Preview admins can review submitted feedback in Settings.
- Useful feedback can be short. A sentence is enough if it explains what happened or what you expected.

Identity, Theme, and Settings

- Use the identity card in the sidebar to edit your display name, subtitle, and profile photo.
- Use the theme control to switch between dark and light mode; the preference persists.
- Admin-only Settings include AI provider configuration, backup/restore, feedback inbox, and preview user management.
- AI settings may power Reflection answers and dream interpretation when configured.

Privacy and Preview Boundaries

- Preview users sign in with their own accounts.

- Continuity entries, stacks, Notes, Dreams, Echo captures, identity, and Reflection data are scoped to the owning user.
- Feedback is meant to be reviewed by the preview administrator.
- Continuo is still a preview product, so avoid storing anything you would not be comfortable testing in a private preview environment.

Common Questions

Where should a task go?	Use Continuity, usually as In Progress if you are actively doing it.
Where should reference info go?	Use Notes if the item should not move through a lifecycle.
Where do completed items go?	Completed and abandoned entries live in Recall.
What is the difference between Notes and entry notes?	Notes are standalone reference items. Entry notes belong to one Continuity entry.
Why source labels?	They preserve context about how an idea entered the system.
What should I report?	Anything confusing, broken, missing, unexpectedly helpful, or emotionally off in the workflow.

A Simple Preview Flow

- Create one Continuity entry for something you care about.
- Assign it to a stack and choose its source.
- Add a deadline if timing matters.
- Pin it or mark it In Progress if it should stay visible.
- Create one standalone Note for reference material.
- Try Reflection after you have a few entries.
- Submit Feedback about anything that slowed you down.

Continuity isn't about never stopping.

It's about never losing the thread.

— Angel Galindez