Not-List Kit

Never · parked · eliminated — the boundaries that make the system trustworthy

The decision sequence — strict order

1. ELIMINATE? If it quietly stopped, who would notice? Don't industrialize waste.
2. NEVER-LIST? Human moments · relationship hinges · owned judgment · the work you love.
3. WORTH IT? (frequency × saved) vs (setup + forever-review + risk). Review is forever.
4. Only then: AUTOMATE — recipe → pattern → category → rails.

The transparency test

Would you be comfortable if they knew it was automated? If no, it belongs on the never-list. Never let automation impersonate human attention where human attention is the promise. Never automate trust.

The forgotten cost

A workflow that saves 4 minutes but needs 3 minutes of review saves 1 minute — review is forever, maintenance is a subscription paid in attention, and risk prices the worst day, not the average one.

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My three lists

NEVER — named concretely (moments · hinges · judgment · loved work):

PARKED — with one-line math each (frequency · saved · setup · review · risk):

ELIMINATED — the trophy list (tasks retired instead of automated):

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The worth-it calculator

CANDIDATE 1: _____

Times/month: ____ Minutes saved/run: ____ Setup hours: ____ Review min/run (forever): ____

Risk on the worst day: _____ VERDICT: automate ■ park ■ eliminate ■

CANDIDATE 2: _____

Times/month: ____ Minutes saved/run: ____ Setup hours: ____ Review min/run (forever): ____

Risk on the worst day: _____ VERDICT: automate ■ park ■ eliminate ■

CANDIDATE 3: _____

Times/month: ____ Minutes saved/run: ____ Setup hours: ____ Review min/run (forever): ____

Risk on the worst day: _____ VERDICT: automate ■ park ■ eliminate ■

Say one boundary out loud

Tell one affected person: "replies about scheduling are assisted; anything personal is always me." A boundary spoken becomes policy; a boundary only thought stays a mood.

Annual calibration

Once a year, deliberately un-automate one thing for a week. Systems check + calibration: touching the work reminds you what the machine does on your behalf — and sometimes reveals a boundary belongs somewhere new.

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What to do with this document

Your next steps

- [ ] Write the never-list concretely and run the transparency test on anything borderline
- [ ] Park the not-worth-its WITH their math; retire at least one task outright this week
- [ ] Run the Not-List challenger prompt and sit with what it surfaces
- [ ] Add all three lists to the System Doc — they become Blueprint Part 3

Keep going (free)

Every lesson of the Automation Academy is free at braintrain-ai-academy.com/automation-academy — problems first, tools second.

WHAT TO DO WITH THIS DOCUMENT

This document is a section of your Automation Blueprint — the written plan of everything you want built. Three honest paths for every part of it: build it yourself with the academy as your reference manual, hand the spec to a freelancer, or bring it to BrainTrain AI Coach and design the system around your specific situation, step-by-step, with a guide. Whichever path: the design and the judgment stay yours.