

Capture Everything. Organize **None of It.**

The Hamrick System · Spring 2026 Cohort

Get it out of your head. The team does the **filing.**

How Today Goes.

Two parts. First the housekeeping, then the real subject.

- First, I move you onto the new version of the system.
- Then the real subject: **Capture**.

TODAY

PHASE ONE

Capture

The one everything else sits on. Get it out of your head.

PHASE TWO

Build

Turn the pile into real projects you run.

PHASE THREE

Automate

The team runs the routine so you don't.

First, the **New Version.**

A bit of housekeeping before we get into Capture.

- The system changed since you installed it. That's the deal — it's a beta.
- You're learning it while I'm still **building** it.
- Today you upgrade to the new lean version: **Alphryd 2.0.**

Migrate to **Alphryd 2.0**.

You will not lose your work. Not a word of it.

1

Back Up Your Folder First

A dated copy right beside it. Your safety net.

2

Download **Alphryd 2.0 (Migration) from the Studio**

Then unzip it.

3

Put the New Folder Somewhere Easy to Find

Your Desktop is perfect. You'll point your AI to it, so just know where it is.

4

Open Your **Old Folder With Your AI**

The ABL folder you've been working in.

5

Tell It, in Plain Words

"Migrate my Hamrick System from the new kit on my Desktop. Bring my old content over."

6

Let It Do the Merge in Conversation

Answer its questions as they come. Your writing carries over; the system files refresh.

Watch Me. Do Your Own Later.

Don't migrate live with me right now — just watch.

- Your AI asks questions and pulls from your old folder. All of us at once would burn the hour.
- Do your own on the **replay**, on your own time.
- Stuck? Reach out — I'll help. **Nobody does this alone.**

Capture Everything. Organize **None of It.**

Your job is one thing: **get it out of your head.**

Over-capture beats losing it. Every time.

When in doubt, capture it.

The Journal Is the **Pile That Grows.**

Everything you capture lands in your Journal.

- It's supposed to grow — **long, messy, full.** You never tidy it.
- A growing Journal isn't a mess you fell behind on.
- It's the **system working.**

Pick One.

You don't need all the ways to capture. You need one.

- There are lots of ways in. **Pick one and use it.**
- "I'll just talk to it" and nothing else? **You did it right.**

Where It All Goes In.

These are the doors in, right inside your app. You only need one.

Type or Drag & Drop

Type a thought, or drag a file, photo, or PDF onto the box.



The + Button

Pull in a file, or a whole folder.

Hold-to-talk Mic

Press and hold, say it out loud.

Voice Everywhere. **Optional.**

Wispr Flow or Mac dictation — talk instead of type, in any app.

- **This is my main way in. I talk far more than I type.**
- **An optional upgrade — the in-app mic already has you covered.**

Drop It In **From Anywhere.**

The Inbox folder — drop a file, a PDF, a voice memo.

- **Snap a photo** — a whiteboard, a receipt, a book page, your handwritten notes.
- From your phone, **on the go.**
- **It's all just plain files.** Anything from any synced device gets picked up.

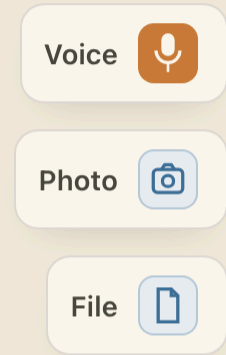
More Ways. When You're Ready.

These grow on top of the basics. Not where you start.

- **Email your assistant** — forward an article, send yourself a thought.
- **A wearable recorder (Plaud)** — records your day, hands-free. I live on this one.
- **Don't start here. This is just where it grows.**

Capture Everything. Organize **None of It.**

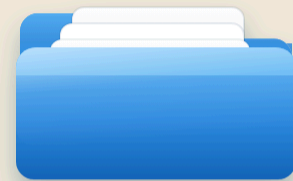
You capture however you like. You organize nothing. The team carries it from a dump all the way to real, organized work.



A Thought, **Dumped**

Talk, snap a photo, drop a file.
Whatever's frictionless — you only need one.

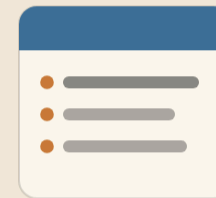
HOWEVER YOU LIKE



Lands in the **Journal**

The running log — the pile that's supposed to grow. You never tidy it.

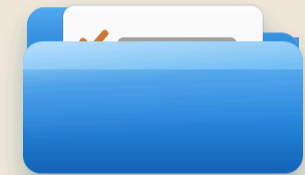
IT ALL GOES HERE



Surfaces on Your **Dashboard**

Your session-open page. What's open and what matters shows up on its own.

ASSEMBLED FOR YOU



Becomes a **Project**

You say "make this a project." The team promotes it into real tasks.

ON YOUR COMMAND

You Command. The Team **Organizes.**

A dump becomes a project, and you sorted nothing along the way. That's the deal.

Close Every Session.

This is how your work gets saved.

- When you're done, tell your AI you're **closing the session**.
- It writes a short recap into your Journal — what you did, what you decided, what's still open.
- Skip it, and that session is gone. Your AI can't remember it on its own.
- Next time you open, it reads that recap and **picks up right where you left off**.

Your One **Assignment.**

THIS WEEK

- Capture into your Journal **every day** this week.
- Any way you like. Organize none of it.
- If it's **fuller and messier** next Saturday than today, you did it exactly right.

Go Get It **Out of Your Head.**

The replay goes up within hours.

Next week: **Build** — we turn your pile into real projects you run.