

NAA In-the-Moment Reference

The Pythoness Programmer | 2026 Fire Horse Edition

When your workflow is breaking — takes under 2 minutes.

N — Notice

Pause. Name the specific thing.

"What is making this hard right now?"

Not "everything is chaos" — but "I can't find the file" or "I don't know what to do first."

A — Adjust

One tiny change. Not a fix. A shift.

"What can I do in under 5 minutes?"

- Close one tab or app you don't need right now
 - Move one thing out of your inbox (Now / Later / Reference / Archive)
 - Write 3 tasks — do the smallest one
 - Silence one notification source for the next hour
 - Set a 10-minute timer for the one thing you just named
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A — Acknowledge

Give yourself credit. Out loud or on paper.

"I noticed something. I made a change. That counts."

Quick Reference

Feeling	Notice	Adjust	Acknowledge
Notification spiral	"I've been ping-ponging for 20 minutes."	Close inbox. Silence one app. Set a 25-min timer.	"I reclaimed my attention."
Can't start	"I don't know what's first."	Write 3 tasks. Do the smallest.	"I picked one and started."
Low energy	"I can't run my full system today."	NAA + clear one hotspot + one next smallest move.	"I kept the system alive."

Feeling	Notice	Adjust	Acknowledge
Interrupted	"I got pulled off-task."	Close the interruption source. Restate your task.	"I returned to focus."

The shift does not have to be big. It just has to be real.

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