

WHELMISH

Overwhelmed Founder OS

Operational relief for whatever your bandwidth.

AI Prompt Pack

AI Founder Brain

Bounded support for founder overload: brain dumps, idea containment, decision debt, revenue reality, launch friction, bounded steps, shutdown notes, and returning without punishment.

The business can live outside your head for this round.

Built around Capacity-Safe design principles. Not hustle. Not a planner. Not a startup bro prompt list.

Ten bounded systems. Copy, paste, reduce, stop.

You are not the business

The business may matter deeply. It may carry your hope, money pressure, future, identity, proof, escape plan, calling, or "I have to make this work."

But it is still not you.

If you are opening this while overwhelmed, ashamed, behind, avoiding, overbuilding, relaunching, disappearing, or spiraling through AI tabs — this was made for that exact state.

This is a **decompression toolkit for founder brain**.

Short contained cycles:

unload → sort → reduce → one bounded move or none → stop

You can:

- Use one system only
- Stop mid-prompt
- Return days later with **Founder Return** (System 10)
- Skip anything that feels like too much
- Choose rest if your system cannot hold business today

There is no wrong door.

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Nothing right now?

If opening AI itself feels like too much, close this pack.

Nothing else is required.

No prompt.

No sorting.

No business decision.

No explanation.

Return whenever you want.

Need a person instead?

This pack can wait.

Depending on the issue, that might mean:

- a cofounder or teammate
- a trusted person
- a founder mentor or business advisor
- a bookkeeper or accountant
- an attorney
- another appropriate professional
- emergency or crisis support if immediate safety is involved

You do not have to finish this pack — or any prompt — first.

How to use AI safely with this pack

Before you paste

1. Pick one system that matches the pressure you feel right now — or let the Router pick.
2. Copy the full prompt block, including the rules section.
3. Paste into ChatGPT, Claude, or a similar AI tool.
4. Do not ask AI to build the whole business if you are flooded.

Do not put into AI

- passwords
- API keys
- banking credentials
- customer or client private data
- confidential contracts
- tax records
- unreleased trade secrets or IP
- another person's sensitive information

Your AI provider's own storage, retention, and privacy settings apply.

During

Answer messy. Incomplete is fine. Business fragments count. "I don't know" is a complete answer — the prompt defaults to short, low-load output.

If the AI starts adding new ideas, expanding the plan, or giving you 25 steps, stop and re-paste the rules.

You can say:

- "Reduce, do not expand."
- "Give me one step only — or none."
- "Stop here."

After

You do not need another round. Partial counts. Closing the chat counts. Rest counts. Leaving the business held somewhere outside your head counts.

If shame spikes, use **Founder Shame Reset** before any planning system.

Accessibility note

What this is not

- Not therapy, crisis support, medical advice, legal advice, financial advice, tax or accounting advice, investment or lending advice, or compliance guidance.
- Not a productivity system, hustle planner, or founder discipline test.
- Not a streak tracker.
- Not a "build in public every day" challenge.
- Not a replacement for professional legal, financial, tax, business, or clinical support.
- Not "100 AI prompts for entrepreneurs."
- Not a tool that measures your worth by output.
- Not a place where AI gets to multiply your business while your nervous system is already overloaded.

AI in this pack does not predict revenue, invent customer demand, or decide that real-world obligations can wait. Tax, payroll, legal, contractual, banking, debt, compliance, customer, and safety obligations may need professional or official judgment.

If you are in danger, crisis, or unable to keep yourself safe, contact local emergency or crisis services. This pack cannot see you, intervene, or replace real support.

Bounded founder cognition — why these prompts end

Most AI tools optimize for more: more ideas, more content, more features, more strategy, more automation, more possible directions.

Overwhelmed Founder OS optimizes for less pressure.

Each system is one cycle:

input → container → reduction → one bounded move or none → exit

You should leave with the business more held, not with another 47 things to do.

Use AI to reduce the business. Do not use AI to multiply the business.

That is the product philosophy behind Whelmish OS kits: capacity-aware operational infrastructure for overwhelmed humans.

System Directory

Choosing feels like too much?

Use 01 · Founder Brain Dump.

One system can be the whole session.

01 · Founder Brain Dump

The whole business is living in my head

Intro p. 10
Prompt p. 11

02 · Idea Containment Vault

New ideas keep hijacking the current business

Intro p. 12
Prompt p. 13

03 · Decision Debt Sorter

Too many decisions are draining me

Intro p. 14
Prompt p. 15

04 · Revenue Reality Filter

I need to see what already connects to money

Intro p. 16
Prompt p. 17

05 · Launch Friction Map

Launching or publishing feels hard

Intro p. 18
Prompt p. 19

06 · One Bounded Business Step

I need one small reversible move — or none

Intro p. 20
Prompt p. 21

07 · Bounded Work Block

I deliberately want one contained work block

Intro p. 22
Prompt p. 23

08 · Founder Shame Reset

I feel behind, embarrassed, or compared

Intro p. 24
Prompt p. 25

09 · Business Shutdown Note

I need to pause without abandoning the business

Intro p. 26
Prompt p. 27

10 · Founder Return

I am coming back after time away

Intro p. 28
Prompt p. 29

Founder OS Router

not sure which system; let AI pick one

p. 30

One system is a complete session.

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Suggested paths

Optional. You do not need a sequence.

- **Business feels too big** — 01 Founder Brain Dump → optionally 09 Business Shutdown Note
- **Too many ideas** — 02 Idea Containment Vault
- **Too many decisions** — 03 Decision Debt Sorter
- **Money fog** — 04 Revenue Reality Filter
- **Launch feels hard** — 05 Launch Friction Map
- **I just want one move — or none** — 06 One Bounded Business Step
- **I deliberately want to work** — 07 Bounded Work Block
- **Shame or comparison is loud** — 08 Founder Shame Reset
- **I need to step away** — 09 Business Shutdown Note
- **I have been away from the business** — 10 Founder Return

If choosing among these feels like more work, skip this page.

Use System 01 or close the pack.

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SYSTEM 01

Founder Brain Dump

Overwhelmed Founder OS · bounded business relief

What this helps with

When the whole business is living inside your head: ideas, money pressure, half-built things, content, offers, tech, emails, launch thoughts, fear, and "I need to do everything." This system gets the business out of your nervous system and into containers.

When to reach for it

- Too many business tabs open
- You feel behind but cannot tell what actually matters
- You keep switching between ideas
- Your business feels like one giant emergency
- AI made the business feel bigger instead of clearer

Your prompt summary

Sort what you paste into: Revenue / known today · Build · Launch / visibility · Admin / ops · Ideas to park · Emotional pressure · I already know can wait · Needs human / professional judgment · Unknown. One sentence on what feels heaviest. One optional bounded step — or "Stop here for now."

Stop when

The business feels slightly more held outside your head. You do not need to solve it today.

One contained cycle. Then stop.

The business can live outside your head for this round.

FOUNDER BRAIN DUMP — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I am an overwhelmed founder carrying too many business threads in my head.

Do not coach, motivate, or give a long strategy. Do not add ideas.

First acknowledge briefly. Then sort what I paste into: Revenue / known today · Build · Launch / visibility · Admin / ops · Ideas to park · Emotional pressure · I already know it can wait · Needs human / professional judgment · Unknown.

Do not call anything "can wait" for me — only I decide that.

One sentence on what feels heaviest. One optional bounded business step — if useful.

Otherwise say: "Stop here for now." Short bullets only.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only what I asked; do not expand scope. Do not coach or motivate. No giant strategy, no 100-step plan, no new business ideas unless I ask for them. No shame.

Do NOT: provide legal advice, tax or accounting advice, investment or lending advice, predict revenue, guarantee demand, or make contractual/compliance decisions. If something needs professional or official judgment — tax, payroll, legal, contracts, banking/debt, compliance, customer obligations, safety — flag it for me and say so; do not decide it can wait.

Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

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[PASTE HERE]

Stop whenever enough.

END PROMPT

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SYSTEM 02

Idea Containment Vault

Overwhelmed Founder OS · bounded business relief

What this helps with

When new ideas keep arriving faster than the business can hold them, and every idea feels like it needs to become a project right now. This system parks ideas so they stop competing with the work already in motion.

When to reach for it

- New ideas keep hijacking the current business
- You keep starting things and abandoning them
- Every idea feels urgent
- You cannot tell parked from active

Your prompt summary

Sort ideas into Now · Later · Archive · Maybe after revenue · Unsorted. Unsorted is valid. One optional containment line for the loudest idea — or "Stop here for now."

Stop when

The ideas are parked somewhere other than your head. None of them had to become projects. One contained cycle. Then stop.

The business can live outside your head for this round.

IDEA CONTAINMENT VAULT — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I am an overwhelmed founder and new ideas keep hijacking the current business.

Do not turn ideas into projects. Do not evaluate them for market potential. Do not add ideas.

Your job:

1. Acknowledge briefly — one or two sentences.
2. Sort what I paste into: Now · Later · Archive · Maybe after revenue · Unsorted. Unsorted is valid — do not force placement.
3. Name in one sentence which idea is loudest — only if it is clear from what I gave you.
4. One optional containment line for the loudest idea — if useful. Otherwise say: "Stop here for now."

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

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Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

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Ideas — paste or list fragments:

[PASTE HERE]

Stop whenever enough.

END PROMPT

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SYSTEM 03

Decision Debt Sorter

Overwhelmed Founder OS · bounded business relief

What this helps with

When too many open decisions are running in the background of every hour — pricing, positioning, tools, hires, launches — and the debt is louder than any single decision. This system sorts the pile without making you decide all of it.

When to reach for it

- Too many decisions are draining you
- You keep re-opening settled questions
- Some decisions carry emotional pressure, not business weight
- You cannot tell which decision actually needs today

Your prompt summary

Sort each decision into Decide today (only if already necessary) · Needs information · I already know it can wait · Emotional pressure attached · Park · Needs human / professional judgment. At most one decision to inspect — or none.

Stop when

One decision is named — or permission to leave all of them undecided today.

One contained cycle. Then stop.

The business can live outside your head for this round.

DECISION DEBT SORTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I am carrying founder decision debt.

Sort each into: Decide today (only if already necessary) · Needs information · I already know it can wait · Emotional pressure attached to the decision · Park · Needs human / professional judgment.

Identify at most one decision I may want to inspect first — based only on criteria I provided. If none clearly needs a decision today, say so.

Do not decide that legal, financial, tax, compliance, contract, or other high-stakes matters can wait — flag them as needing professional judgment.

No matrix. No new ideas. Permission to leave the rest undecided.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

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Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

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[PASTE DECISIONS]

Stop whenever enough.

END PROMPT

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SYSTEM 04

Revenue Reality Filter

Overwhelmed Founder OS · bounded business relief

What this helps with

When money pressure is loud and everything looks equally foggy. This system organizes what already exists and what is already known — it does not predict revenue, invent buyers, or turn fog into a forecast.

When to reach for it

- Money pressure is loud
- You cannot tell what already connects to revenue
- AI keeps inventing strategies instead of organizing what exists
- You need the knowns separated from the unknowns

Your prompt summary

Organize only what you already know: what exists · who it is already for · known problem/need · existing path to see/buy · known blockers · unknowns · needs professional judgment. One optional revenue-adjacent action. No forecasts.

Stop when

Revenue reality is nameable — not fixed, not solved.

One contained cycle. Then stop.

The business can live outside your head for this round.

REVENUE REALITY FILTER — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I need revenue clarity without panic.

Use only what I already know or provide. Organize:

- what currently exists
- who I already know it is for
- what problem/need I already believe it addresses
- an existing path people can use to see/buy it
- known blockers
- unknowns
- needs human / professional judgment

Do not forecast revenue. Do not invent customer demand or market certainty. Do not provide legal, tax, accounting, investment, or lending advice. If a material decision needs professional judgment, say so.

One optional revenue-adjacent action only.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

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Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

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[PASTE CONTEXT]

Stop whenever enough.

END PROMPT

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SYSTEM 05

Launch Friction Map

Overwhelmed Founder OS · bounded business relief

What this helps with

When launching, publishing, or being seen feels heavy and the reasons are tangled. This system reflects the friction you name — it does not psychoanalyze you, assign motives, or tell you to "just launch."

When to reach for it

- Launching or publishing feels hard
- You keep building or editing instead of showing
- Visibility feels loaded
- You cannot tell friction from real blockers

Your prompt summary

Reflect only the friction you explicitly name. Name what does not need to exist before launch. One smallest bounded visible action — if useful. No action is valid.

Stop when

The friction is named. One bounded visible action is optional — stopping is complete.

One contained cycle. Then stop.

The business can live outside your head for this round.

LAUNCH FRICTION MAP — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

Launching or publishing feels hard right now.

Reflect only the friction explicitly present in what I provide — do not infer motives.

Name what does NOT need to be done before I move. Offer the smallest bounded visible action — if useful. No action is also valid.

No content calendar. No 10-step plan.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only what I asked; do not expand scope. Do not coach or motivate. No giant strategy, no 100-step plan, no new business ideas unless I ask for them. No shame.

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Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

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[PASTE CONTEXT]

Stop whenever enough.

END PROMPT

Overwhelmed Founder OS

AI Founder Brain Prompt Pack

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AI Founder Brain Prompt Pack

BY WHELMISH

SYSTEM 06

One Bounded Business Step

Overwhelmed Founder OS · bounded business relief

What this helps with

When you need one doable move, not a plan — or permission that no move is also a complete session. This system offers at most one small, reversible step and treats rest as a valid outcome.

When to reach for it

- You need one move, not a plan
- Every option feels too big
- You want to move but cannot pick where
- You are not sure you have capacity for any step

Your prompt summary

At most one small, reversible step — if useful. Otherwise none. Rest is a valid outcome.

Stop when

You have one step you can imagine starting — or you chose rest instead.

One contained cycle. Then stop.

The business can live outside your head for this round.

ONE BOUNDED BUSINESS STEP — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I am an overwhelmed founder. I may want one bounded business step — or none.

Do not give me multiple options.

Do not give me a full plan.

Do not optimize my business.

Do not add new ideas.

Do not tell me what a "real founder" would do.

Your job:

1. Acknowledge briefly — one or two sentences.
2. Suggest at most one next step that is small, reversible, and startable without a big prep ritual — if useful. No step is also valid.
3. If a step is suggested, say in one sentence why it is bounded — not that it is "safe."
4. End with permission to do it, skip it, or rest.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only what I asked; do not expand scope. Do not coach or motivate. No giant strategy, no 100-step plan, no new business ideas unless I ask for them. No shame.

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Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

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My situation — optional:

[PASTE OR DESCRIBE, OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 07

Bounded Work Block

Overwhelmed Founder OS · bounded business relief

What this helps with

When you deliberately want to work but the business has no edges. One bounded block — one optional lane, one stop cue you define, no fixed hour, no schedule to fail.

When to reach for it

- You deliberately want to work today
- Open-ended work sessions turn into spirals
- You need a container with a clear stop
- A fixed hour is too rigid for today

Your prompt summary

Pick at most one lane — or none. Define your own stop cue: an action, an event, a chosen time, or no timer. One optional first action.

Stop when

The block has edges. Stopping at the cue is the design, not a failure.

One contained cycle. Then stop.

The business can live outside your head for this round.

BOUNDED WORK BLOCK — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I am an overwhelmed founder who may want one bounded work block — not a fixed hour, not a schedule.

Do not build me a routine. Do not assign a length. Do not add tasks.

Your job:

1. Acknowledge briefly — one or two sentences.
2. Help me pick at most one lane from what I provide: revenue · build · launch · admin · clarity · recovery — or none.
3. Help me choose a stop cue I define: one action, one event, a time I choose (5 / 15 / 30 / 60 minutes or another), or no timer.
4. Offer one optional first action inside that lane — if useful. Otherwise say: "Stop here for now."

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only what I asked; do not expand scope. Do not coach or motivate. No giant strategy, no 100-step plan, no new business ideas unless I ask for them. No shame.

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Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to...".

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What is in play — optional:

[PASTE OR SKIP]

Stop whenever enough.

END PROMPT

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SYSTEM 08

Founder Shame Reset

Overwhelmed Founder OS · bounded business relief

What this helps with

When shame or comparison is the loudest part of the business — "I should be farther," "everyone else is moving faster." This system treats those statements as pressure signals, not facts, without diagnosing you.

When to reach for it

- Shame or comparison is loud
- You feel behind, embarrassed, or exposed
- The business pause feels like proof of failure
- You cannot tell feeling from fact

Your prompt summary

Reflect shame statements as pressure signals, not facts. Feeling behind is not proof of failure. One optional bounded move — or rest.

Stop when

The shame is named as pressure, not verdict. No move required.

One contained cycle. Then stop.

The business can live outside your head for this round.

FOUNDER SHAME RESET — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I am an overwhelmed founder carrying shame or comparison pressure about the business. Do not diagnose me. Do not tell me I am not behind — you do not know my situation. Do not motivate me.

Your job:

1. Acknowledge briefly — one or two sentences.
2. Reflect back the shame statements I provide as pressure signals, not facts.
3. Name in one sentence: feeling behind is not proof of failure; overload may be part of what is happening.
4. Offer one optional bounded move — or name rest as valid.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only what I asked; do not expand scope. Do not coach or motivate. No giant strategy, no 100-step plan, no new business ideas unless I ask for them. No shame.

Do NOT: provide legal advice, tax or accounting advice, investment or lending advice, predict revenue, guarantee demand, or make contractual/compliance decisions. If something needs professional or official judgment — tax, payroll, legal, contracts, banking/debt, compliance, customer obligations, safety — flag it for me and say so; do not decide it can wait.

Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: Do not paste passwords, API keys, banking credentials, customer or client private data, confidential contracts, tax records, unreleased trade secrets or IP, or another person's sensitive information. Your AI provider's own storage, retention, and privacy settings apply.

What it sounds like — optional:

[PASTE OR SKIP]

Stop whenever enough.

END PROMPT

Overwhelmed Founder OS**AI Founder Brain Prompt Pack***Operational relief for whatever your bandwidth.***AI Founder Brain Prompt Pack**BY WHELMISH

SYSTEM 09**Business Shutdown Note***Overwhelmed Founder OS · bounded business relief*

What this helps with

When you need to put the business down for a while without mentally abandoning it. This system writes a bounded shutdown note — what you already know can wait, what has real obligations, what needs professional judgment, and where you return.

When to reach for it

- You need to step away without losing the business
- Open loops keep replaying
- You cannot tell what is safe to set down yourself
- The business will not let you rest

Your prompt summary

Write a four-line shutdown note: what I already know can wait · real deadlines / external obligations · needs professional judgment · where I return. AI never decides what may wait.

Stop when

The business is held enough to leave for now. Known obligations keep their real dates.

One contained cycle. Then stop.

The business can live outside your head for this round.

BUSINESS SHUTDOWN NOTE — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I am an overwhelmed founder who needs to pause the business mentally without abandoning it.

Do not decide what can wait for me. Do not treat tax, payroll, legal, contractual, banking, debt, compliance, customer, or safety obligations as deferrable — flag those for professional or official judgment.

Your job:

1. Acknowledge briefly — one or two sentences.
2. Help me write a shutdown note with four optional lines:
 - what I already know can wait
 - what has a real deadline or external obligation
 - what needs human / professional judgment
 - where I return
3. If anything in my paste is a consequential obligation, name it as needing professional judgment rather than sorting it as "can wait."

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only what I asked; do not expand scope. Do not coach or motivate. No giant strategy, no 100-step plan, no new business ideas unless I ask for them. No shame.

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Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

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What is open right now — optional:

[PASTE OR SKIP]

Stop whenever enough.

END PROMPT

Overwhelmed Founder OS

AI Founder Brain Prompt Pack

Operational relief for whatever your bandwidth.

AI Founder Brain Prompt Pack

BY WHELMISH

SYSTEM 10

Founder Return

Overwhelmed Founder OS · bounded business relief

What this helps with

When you are coming back after days or weeks away and the return itself feels loaded. No catch-up. No comeback plan. No absence-as-failure framing. One door — or none.

When to reach for it

- You are returning after time away
- Reopening the business feels loaded
- You expect a catch-up demand
- You want one door, not a plan

Your prompt summary

Route to one of: Safety · Company-in-Head Dump · one known business thread · rest — or none.
Stop after routing.

Stop when

You chose one door — or none. Returning is complete.

One contained cycle. Then stop.

The business can live outside your head for this round.

FOUNDER RETURN — COPY/PASTE

COPY FROM HERE

> Paste everything below into your AI tool.

I am returning to my Founder OS after time away.

Do not make me catch up.

Do not call my absence avoidance.

Do not create a comeback plan.

Help me choose one:

- Safety
- Company-in-Head Dump
- one known business thread
- rest

or none.

Capacity right now — optional:

[leave blank / I don't know / prefer not to label / NSIF state]

If I name a Capacity State, adapt response length, language, number of choices, task complexity, and interaction length to it.

If I leave this blank or say "I don't know," default to a short, low-load response — do not ask me to explain further.

Do not infer or declare my Capacity State.

Rules: Acknowledge briefly. Work with fragments — do not require more disclosure than I provide. Do only what I asked; do not expand scope. Do not coach or motivate. No giant strategy, no 100-step plan, no new business ideas unless I ask for them. No shame.

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Do not decide that real-world obligations can wait. Only I can confirm what I already know can wait.

If I describe immediate danger or crisis, stop this exercise and direct me toward appropriate human or emergency support.

One cycle only — when done, tell me I can stop here; do not offer another task or ask "want me to..."

Privacy: Do not paste passwords, API keys, banking credentials, customer or client private data, confidential contracts, tax records, unreleased trade secrets or IP, or another person's sensitive information. Your AI provider's own storage, retention, and privacy settings apply.

Stop after routing.

Stop whenever enough.

END PROMPT

FOUNDER OS ROUTER — COPY/PASTE

COPY FROM HERE

I don't know which Overwhelmed Founder OS prompt fits.
Do not solve my business situation.
Do not give me a strategy.
Do not make me compare a long list.
Ask at most one question.
Use the few words I provide to choose one system only:
01 Founder Brain Dump
02 Idea Containment Vault
03 Decision Debt Sorter
04 Revenue Reality Filter
05 Launch Friction Map
06 One Bounded Business Step
07 Bounded Work Block
08 Founder Shame Reset
09 Business Shutdown Note
10 Founder Return
If several fit, choose the lowest-demand useful option.
If I say "I don't know" or give too little information, choose 01 Founder Brain Dump.
If business thinking itself seems like too much right now, tell me I can stop instead.
Respond only with:

- system number + name
- one short reason
- "Use it, choose none, or stop here."

Context — optional:
[A FEW WORDS OR SKIP]
Do not start the selected exercise.
Stop after routing.

END PROMPT

WHELMISH

Overwhelmed Founder OS

AI Founder Brain Prompt Pack

Operational relief for whatever your bandwidth.

AI Founder Brain Prompt Pack

BY WHELMISH

The business is held

You do not have to keep rehearsing it in your mind.

This pack has **no streaks, no failure state, no punishment** for disappearing, and **no score** for output.

Start again with any system whenever you need to.

A paused founder is not a failed founder.

A reduced business is not a dead business.

One bounded move — or none — is enough for this round.

Overwhelmed Founder OS · AI Founder Brain Prompt Pack

Operational relief for whatever your bandwidth.

by **Whelmish**

Built around Capacity-Safe design principles — not therapy, not legal advice, not financial advice.

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