

# O.U.R. Context Starter

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*Mindful Automation — May 2026 · Pythoness Programmer*

O.U.R. Context is not the same as the Y.O.U.R. Framework. It is the file pattern for giving AI assistants, collaborators, and your future self a home on disk:

- **O — Organized:** Patterns live somewhere you can point to
- **U — Usable:** Portable, plain-text, readable without logging into five dashboards
- **R — Recurring:** Context you maintain once and reuse

Copy this template into your IDE workbench folder. Name it `context.md`, `AGENTS.md`, or whatever fits your setup.

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## Who I am

*(Plain sentences: name, role, what you do, who you serve)*

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## How I work

*(Energy patterns, peak focus hours, communication cadence — link to `my-rhythms.md` if you have one)*

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## Naming conventions

*(File naming rules, folder structure, date formats)*

Example: `YYYY-MM-DD-topic-short-context`

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## Tools I use

*(Platforms, automations, IDE, email provider — plain list)*

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## Automations I run

*(Plain language list — or link to `automation-playbook.md`)*

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## What good output looks like

*(Tone, length, formatting preferences for AI or collaborators)*

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## Privacy / boundaries

*(What not to share, what stays local, what can go to cloud tools)*

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Part of the [Mindful Automation](#) resource hub.