

The Delight Compass Calibration

DaD Paper III — The Delight About Delights · Free Companion Worksheet · OPTIMUS

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Paper III's claim: delight — the feeling of purposeful pursuit, not pleasure — is a navigation signal four billion years in the making. Expansion means alignment; contraction means misalignment. The compass is innate. This sheet is the calibration.

1 · Map the week you actually lived

List the six activities that ate most of your week (work or not):

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____

2 · The somatic pass

For each, recall doing it and mark the body's answer — not the résumé's:

Activity 1: ☐ expansion ☐ contraction 2: ☐ expansion ☐ contraction 3: ☐ expansion ☐ contraction

Activity 4: ☐ expansion ☐ contraction 5: ☐ expansion ☐ contraction 6: ☐ expansion ☐ contraction

3 · Sort the signals (the five-level taxonomy)

Take your strongest EXPANSION item. Which level is it, honestly?

☐ **1 · Stimulation** — noise that feels like signal (scrolling, novelty) ☐ **2 · Pleasure** — consuming, not seeking ☐ **3 · Interest** — genuine pull, worth following ☐ **4 · Absorption** — time disappears when you do it ☐ **5 · Calling** — you'd do it regardless, and it organizes everything else

Item: _____ **Level:** _____ (Levels 1-2 are counterfeit navigation data. 3+ is compass.)

4 · The seeking check

Dopamine drives SEEKING, not having. Where in your week were you in purposeful pursuit — building, hunting, closing in — versus consuming?

My longest seeking stretch this week was: _____

5 · Run one DaD loop this week

Distinction reveals possibility. Delight signals direction. Decision collapses reality.

A distinction I now see: _____

What delight points at: _____

The decision that collapses it into reality (with a date): _____

This worksheet is the free companion to the full Paper — available to Optimus members in the portal, or on Amazon (\$0.99 Kindle / \$19.99 paperback trilogy) from Make More Marbles Publishing.