

10, Technology Can Feel Harder Than It Needs To

Sometimes it's not because the tools are complex, but because the names don't give us enough to hold on to.

- 📁 Folders called Misc.
- 🧠 Channels called General.
- 🌟 Files named Final_v3_REALLYfinal.

When names are vague, our brains have to do extra work just to figure out where we are.

Clear, intentional naming doesn't add rigidity — it adds relief.

It lowers the mental tax.

It makes collaboration calmer.

It helps people trust the system instead of fighting it.

This isn't about perfection.

It's about giving future-you (and everyone else) a little more clarity.

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