12.3

WORKSHEET · CHAPTER 12

First-week cut list

Written once, on a calm day if you can. The first week runs on decisions you've already made.

Drop

Everything that can simply stop

Delay

With a date next to each

Ask for

Time off, a lighter load, someone to sit with me

Keep

Anchors, safe foods, my people

Add one

An interest, a walk, a familiar thing I love. Not as a task.

On a bad day: drop one thing today.