9.1

WORKSHEET · CHAPTER 9

The 2-5-10 menu

A menu, not a list. Ask how many minutes you have, not how much energy, and pick one thing. Keep it inside a cupboard door.

Two minutes	**Five minutes**
Wipe the sink, trash out	*Clear one surface, start laundry*

Ten minutes	**Five meals, no decision**
One floor, change one bed	*Safe food, and the second safe food*

On a bad day: one thing from the two-minute list. Or nothing, and a meal from the no-decision menu.