

RIGHT-SIZING MENU

Chapters 6 and 18

When today reads Doesn't Fit: pick one to three. Tick them. Name when.

Ideas, not a regimen. The same page feeds the Reduced-Capacity Plan. The blank line in each row is for yours.

TAKE LOAD OFF

by Load area · the six moves from Chapter 6: later, smaller, someone else, good-enough on purpose, not today, set up once

Work and Money	☐ show the queue, then ask what moves ☐ send the one-page version, not the full report	☐ skip meetings where I'm audience, not owner ☐ _____
Home and Logistics	☐ order dinner; takeout at the table counts ☐ move the grocery run, or set a standing order	☐ post the routine; the family runs it ☐ _____
Relationships and Care	☐ hand off the whole errand, not half ☐ decline for this week, not for good	☐ send the prepared sentence, not a paragraph ☐ _____
Mind and Focus	☐ write down the Load you carry in your head ☐ mute every alert that doesn't need action today	☐ check email in windows, not all day ☐ _____
Body and Health	☐ take the walk instead of the workout ☐ lower the standard on purpose, this week	☐ start no new routine this week ☐ _____

PUT CAPACITY BACK

by Capacity input · the five from Chapter 18

Basic Recovery	☐ take a full break: away from the work, no phone ☐ decide at noon: bed by nine	☐ eat a real meal, sitting down ☐ _____
Real Support	☐ accept the help that's offered ☐ ask one person for one specific thing	☐ pay for it: delivery, the cleaner. It counts ☐ _____
Protected Margin	☐ book a recovery block; keep it like a meeting ☐ schedule nothing after the hard thing	☐ put the buffer before the spike on the calendar ☐ _____
Restorative Attention	☐ take a minute of awe: the sky, the music, a view ☐ go outside: no phone, ten minutes	☐ give the center of the Access Map the hour ☐ _____
Supportive Systems	☐ set it up once: checklist, standing order ☐ pack the bag the night before	☐ log the workaround instead of being the patch ☐ _____

today, when _____ I will _____

this week _____

