

Tomorrow me needs...

Five minutes tonight so tomorrow morning has fewer decisions in it. Print a stack. One page per night.

01 The one thing tomorrow actually depends on.

Not the list. The thing that makes tomorrow work.

02 What has to leave the house with me.

Put each item by the door as you write it.

03 The decision I can make now instead of at 8am.

Clothes, breakfast, route, first task — pick one.

DONE TONIGHT

- ☐ Phone charging somewhere I'll hear the alarm
- ☐ Bag / keys / wallet in the landing zone
- ☐ Tomorrow's first task written where I'll see it

If tonight is a bad night: do line 01 only. That still counts.

TOMORROW MORNING, FIRST MOVE

At this time...

I will start with...
