

The Operating System

Rest, your 9-1 schedule, and the lists that prove it happened. Everything else runs on this.

1	2	3	4	5	6	7	8

DONE WHEN YOU CAN SAY

"I have a set in-bed time, a morning routine that runs, and one hour a day that belongs to me."

This week: three things

- [ ] Set your in-bed time with the 9-hour countback, and write it where you'll see it
- [ ] Build one list: your core grocery staples and their current prices
- [ ] Pick one free, sensory-rich ritual and do it three times this week

Write it down

My wake-up time _____

My in-bed time (9 hours back) _____

My one hour is _____

My free ritual this week _____

STARTED _____

DONE _____