

# CRITICAL SUPPLIES RULE

## WHAT SLOWS YOU DOWN

You think you're out of something important.

Coffee.

Contact solution.

Trash bags,

Toilet paper.

Laundry detergent.

Now it's a problem.

Plans get interrupted.

An extra store trip appears out of nowhere.

The evening gets eaten by something that shouldn't have mattered.

*Most of these "emergencies" are predictable.*

## THE MOVE

Decide which items in your **house are critical**.

Critical means: If this runs out, it disrupts your day or forces an **unplanned trip**.

For each critical item, the rule is simple:

- You never run it down to zero.
- You keep a backup in the house at all times.
- When you open the backup, it goes on the shopping list **immediately**.
- Not later. Immediately.

This is not about stocking everything.

It's about protecting your time from avoidable interruptions.

## WHY THIS SAVES TIME

Unplanned errands cost more than the errand itself.

They break momentum.

They hijack evenings.

They turn small gaps of free time into logistics problems.

### ESTIMATED TIME RECOVERED

≈ **30–60** minutes per week  
Plus fewer disruptions and  
less friction at home.