

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.