

CASE FILE ARCHIVE

WEEK TWO

PROTECT THE EVENING

Week Two Core Takeaways

1. Prep the Morning at Night

Mornings feel rushed because setup happens under pressure.

Move repeat tasks to the night before.

Use a 15-minute timer. Work the list. Stop when it ends.

Preparation reduces friction.

2. Protect Critical Supplies

Emergencies are usually predictable.

Define what is critical in your home.

Keep one backup at all times.

When the backup opens, it goes on the list immediately.

No zero inventory.

3. Decide Dinner Once

Daily food decisions drain evenings.

Plan dinners one time per week.

Check inventory. Make one list.

One trip or one order.

Remove the nightly debate.

4. Close the Day Intentionally

The day does not end on its own.

Clear visible clutter.

Write down open thoughts.

Lower lights and stimulation.

5. Reduce Repeated Friction

Time is rarely lost in big events.

It leaks through repeated restarts and small decisions.

Standardize predictable tasks.

Protect evenings from avoidable interruptions.

The Win:

- Smoother mornings.
- Calmer evenings.
- Fewer last-minute problems.
- Better sleep and more control.