

The Bad-Day Protocol

You only have to do **one** box. Do it badly. Then stop. **That counts.**

Can you stand up right now?

NO → Fix One Gauge Ch 8 — Slept? Moved? Eaten? Water? Fix only the lowest: a glass of water, a piece of toast, five minutes outside, or twenty minutes lying down with a timer.

YES ↓ Do you know what the task is?

NO → The One-Box Day Ch 3 — Draw one box. Write one thing in it. Put it where you'll trip over it. Everything else is parked until tomorrow.

YES ↓ Is it too big to start?

YES → One Rung Ch 2 — Write the task. Under it, the single dumbest first thing. Do it. Cross it out with a fat pen.

NO → The 30-Second Rule Ch 1 — Nearest doorway: open the email and type their name; run the hot tap and put one thing in the sink; put the form on the table. Thirty-second timer. When it rings you may stop.

Still stuck? One at a time:

Change One Thing Ch 5 — not the task, the room: stand up, a different chair, one song on, in the car, as a voice note.

Narrate It Ch 6 — say out loud what your hands are doing, second person, five minutes.

Race the Kettle Ch 4 — kettle on; do anything on the task until it clicks off. Winner: you.

A bad stretch, not a bad day?

The Amnesty Line Ch 7 — “Everything before today is forgiven. Today's one thing is:”

Do its doorway. Nothing else counts today.

One box. Then stop. That counts.