

A System You Will Actually Keep

Work out why the last few systems fell apart, and build one that fits how you live.

WHEN TO USE THIS

Use this after another planner, app, or list has stopped getting used.

What have you tried before to keep track of things? How long did each one last?

What made you stop using them? Be honest about the boring reasons.

Too fiddly, out of reach, took too long, went stale.

A system you keep beats a better one you drop. Fitting your life matters more than being tidy.

What is the simplest version you would still be using in a month? Describe it.

One page, one app, one notebook you carry.

The ones that last are usually smaller and uglier than the ones we plan.