

Keys, Phone, Wallet

Build one short check you run every time you leave, so you stop turning back.

WHEN TO USE THIS

Use this if you regularly get halfway out and have to go back for something.

What do you need on you every single time you go out? Four things at most.

Only what you would have to turn around for.

1. _____
2. _____
3. _____
4. _____

Say them in an order that sticks. Write the order here.

Pockets top to bottom, or a short phrase.

Where will you run the check? Pick a spot you pass every time.

At the door, before the keys turn.

Write the four words big. Put this by the door if it helps.

Four words at the door saves a lot of walking back.