

The Hardest Hour of the Day

Look closely at the one hour at home that goes wrong most often.

WHEN TO USE THIS

Use this when the same part of the day falls apart again and again.

Which hour is it, and who is in the room?

Walk through it. What happens, in order?

From the first sign it is going sideways to the end.

How much do you have left in you by the time that hour starts?

0	1	2	3	4	5	6	7	8	9	10
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Nothing

Plenty

What is one thing you could move earlier, later, or off the list?

You are not the only house where that hour is hard. It is a hard hour.