

The Low-Energy Simplifying Menu

Pick one subtraction. Stop when the space is back.

VERY LOW CAPACITY

Two quiet minutes

Silence one non-urgent notification.

☐

Write down one demand that keeps circling.

☐

Let one optional reply wait until

☐

tomorrow.

A LITTLE ROOM

Ten contained minutes

Cancel one subscription you no longer

☐

use.

Move one distracting app off the

☐

home screen.

Decline one small request you

☐

accepted from guilt.

SOME CAPACITY

One honest decision

Review one recurring commitment.

☐

Ask: would I say yes to this today?

☐

Name the time or attention you would

☐

regain.

A STEADIER HOUR

One permanent subtraction

Scan the calendar for a draining

☐

repeat.

Scan the bank statement for forgotten

☐

renewals.

Scan notification settings for

☐

borrowed attention.

THE QUESTION UNDER THE MENU

What is taking time or attention without paying me back for it?

I am subtracting

What comes back

Fewer demands can be a form of care, not a failure of ambition.

