

Routine Friction Finder

Routines can feel hard for many reasons. Use this page to replay one real example and test a fix.

1

Choose one routine

Something that repeats and is small enough to describe in a few steps

Examples: Getting out the door, starting homework or study time, bedtime, meal preparation

The routine I want to make easier: _____

A smoother version would mean:

☐ something else

☐

less tension

☐

fewer reminders

☐

less searching

☐

completing a task

☐

more time to spare

☐

less rushing

2

Replay what actually happened

Write what actually happened.

A. Map it. Use 2-4 words in each box. Combine small actions when needed.



B. Locate the extra effort. Circle the first box where extra effort was needed.

C. Identify the extra effort that showed up there at the circled box.

☐

search or find

☐

decide or negotiate

☐

redirect or restart

☐

rush, wait, or skip

☐

remind, repeat, or takeover

☐

calm, reassure, or encourage

D. Compare expectation with reality.

At that point, I expected: _____

Instead, this happened: _____

3

Choose one small fix

What would have helped the routine keep moving?

☐

Something wasn't ready or easy to find. **Give it one home • prepare it earlier • add a reminder**

☐

There wasn't enough time or transition. **Start earlier • add a buffer • use a "good enough" version**

☐

Too many decisions or next step was unclear. **Choose default • limit choices • decide before starting**

☐

It was unclear who should act or take over. **Name 1 owner & 1 backup • set a clear handoff cue**

☐

A screen, alert, or interruption. **Silence alerts • move the distraction • finish before starting another**

☐

Stress, fatigue, worry, or frustration. **Add a pause • ask for 1 specific kind of help • "good enough" version**