

The Headlights System

You cannot drive with the whole journey in your headlights, and you were never supposed to. Sixty metres of road is enough to arrive. This card takes the thing that feels like too much and turns it into your next visible move. Use a pen. One thing at a time.

1 Name the thing that feels like too much

One line, the way you would say it to a friend. Not "everything". The business, the house, the finances, the degree. The weight you feel is the carrying, not the task, and naming it puts it down for a moment.

2 Find the next visible move

Not a direction (sort out my life). A move: open the folder, send one message, clear one drawer. The test: could you start it within two minutes of deciding to? If not, cut it in half. Keep halving until your shoulders drop.

3 Decide once

Tie the move to a moment your day already contains, so there is nothing left to negotiate when the resistance is loudest. The decision gets made now, by the calm version of you.

When _____

I will _____

4 Take the move, then stopping is allowed

Keep the appointment. Do the one move. Then you may stop, and that is not cheating. An unstarted task only weighs; a started task pulls. The pull will bring you back.

After the move, one line on what happened _____

You don't need the entire plan. You need sixty metres of road.