

INTENTIONAL LIVING



The Household Friction Audit: Fix the Small Problems That Keep Stealing Your Day



A PRACTICAL COMPANION TO THE GUIDE

Find the repeat problems draining your household with a seven-day friction audit, a repair ranking method, and a printable home systems workbook.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01

Record 1: the actual interruption

Write the task as a verb: leave for school. Record the obstacle without assigning blame: clean water bottles are spread between the dishwasher, cupboard, and backpack. Add the location, who encounters it, and what happens next. Keep the original observation even after making a repair. It is your baseline, and it helps another household member understand the change without hearing a complaint.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Record 2: the repeated cost

List each occurrence rather than guessing a dramatic weekly total. Monday: three minutes. Tuesday: two. Thursday: five. Friday: four. Total: fourteen minutes, four interruptions. Note whether the delay affected departure or required another person to stop working. You can compare the next week's record with this baseline, but do not turn the worksheet into a competition about whose time matters most.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 03

Record 3: three possible repairs

Write a placement repair, a handoff repair, and a project repair. For bottles: a tray beside the sink; an evening 'bottles ready' check owned by the person clearing dinner; purchasing duplicate bottles. Estimate the setup time and recurring work for each. Cross out an option that adds more management than it removes. Circle the cheapest reversible test before buying equipment.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 04

Record 4: one household agreement

State where the item lands, who resets it, and when. Example: washed bottles dry in the tray; each bottle's owner moves it to their backpack during the evening kitchen close. For a young child, an adult assists. Ask whether the assigned action is physically and developmentally possible. Record the agreement in ordinary language that can be understood without rereading the entire guide.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 05

Record 5: the three-day trial

Make three rows with 'worked,' 'needed a reminder,' and 'failed because.' Record what actually happened after each morning. If a bottle still disappears, check whether it was washed, misplaced, or taken elsewhere. Those are different failures. Avoid changing all three parts of the system at once. A single adjustment makes the next trial informative rather than confusing.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 06

Record 6: the overflow and reset rule

Decide what belongs in the tray and what does not. Add a rule for extra cups: they go to the ordinary dish station. Add a weekly check for lids that do not match. Put the reset beside an existing kitchen task so it does not depend on an extra alarm. If maintenance takes longer than the original interruption, simplify the station.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE
