

## INTENTIONAL LIVING



# The Minimum Viable Evening: A Home Reset for Nights When You Have Almost Nothing Left



## A PRACTICAL COMPANION TO THE GUIDE

Use a small evening reset to protect tomorrow's essentials without turning an exhausted night into a cleaning marathon, with a printable decision map.

## 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.*

INTENTIONAL LIVING / WORKING PAGES



## EXERCISE 01

## Protect: tasks that cannot safely wait

Write the household's true essentials. Include appropriate storage of perishable food, a safe route to necessary rooms, and any prescribed care routine that applies. Record who can complete each action. Do not add decorative or organizational goals here. If a task needs special knowledge, note where its established instructions are kept. The protect list should remain short enough to recognize at a glance.

YOUR WORKING RECORD

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DECISION / NEXT ACTION / CHECK DATE

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## EXERCISE 02

## Prepare: tomorrow's first dependency

Write the first fixed obligation, its time, and the object needed to begin it. Example: leave at 7:30, with the school backpack, signed form, and working keys accessible. Name only the dependency that creates the biggest problem when absent. If tomorrow has no fixed departure, preparation may simply mean a usable breakfast space and the supplies for your first ordinary care task.

YOUR WORKING RECORD

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DECISION / NEXT ACTION / CHECK DATE

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## INTENTIONAL LIVING / WORKING PAGES

## EXERCISE 03



## Optional: work that may remain unfinished

List the tasks that can wait and decide where they will be recorded. Washing every nonessential dish, putting away every clean item, and reorganizing a shelf usually belong here. A task may move to protect if its condition creates an actual safety problem. Do not decide by how visible the mess is. Visibility and consequence are different, and the worksheet is designed to preserve that distinction.

## YOUR WORKING RECORD

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## DECISION / NEXT ACTION / CHECK DATE

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## EXERCISE 04

## The eight-minute route

Draw or describe one short route from kitchen to doorway to the required care station. Place the highest-consequence actions first. Estimate the minutes honestly and leave room for an interruption. If the route cannot fit the available energy, remove a preparation item or ask an available household member to own it. A workable route is better than a complete list you cannot begin.

## YOUR WORKING RECORD

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## DECISION / NEXT ACTION / CHECK DATE

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## EXERCISE 05



## The household handoff

Write a complete task with a clear finish: each person places their own morning belongings in the agreed location and reports a missing item before the stopping time. Add a fallback for a young child or someone who needs help. Record who checks the shared item, such as the departure time. Avoid assigning yourself the task of reminding everyone about every step; that recreates the invisible workload.

YOUR WORKING RECORD

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DECISION / NEXT ACTION / CHECK DATE

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## EXERCISE 06

## The stop signal and next-day review

Choose an unmistakable ending: timer off, list closed, kitchen work light off. Write one sentence you can use with the household: 'The essentials are covered; the remaining work waits.' Add a daylight review time for tasks that were deferred. A stopping rule works only when the unfinished tasks have a reasonable later destination, rather than becoming a silent accusation when you wake up.

YOUR WORKING RECORD

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DECISION / NEXT ACTION / CHECK DATE

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