



The Low-Friction Morning Framework

A calmer morning rarely begins with doing more. It begins by making fewer unnecessary decisions before your best thinking is needed.

Decide Once

Identify three repeat decisions you make every morning and turn them into defaults.

Prepare Tomorrow Before You Finish Today

End each workday by choosing one clear starting task for the next morning.

Reduce Early Inputs

Delay email, news, and notifications
until after your first focused block of work.

Standardise The Ordinary

Keep mornings predictable enough that execution replaces negotiation.

Protect Mental Energy, Not Time

The goal isn't to do more before 10 am.
It's to arrive there with your best thinking still available.
