



One-Minute Rule Framework

Small tasks rarely create stress on their own. It's the mental effort of carrying them around that quietly drains our attention throughout the day.

Handle Genuine Quick Tasks Immediately

If something takes around one minute or less, complete it before it becomes mental clutter.

Batch Similar Small Tasks Together

Protect focused work by grouping admin, emails, and low-energy tasks into dedicated windows.

Use Timers to Reduce Resistance

Short time limits make small tasks feel contained and easier to begin.

Focus on Reducing Friction, Not Chasing Productivity

The real goal is a calmer mental environment, not squeezing more output from every minute.
