



The Frictionless Subtraction Framework

The goal isn't to do less for the sake of doing less.
It's to remove what no longer needs to be there.

1. Notice

What is creating friction, draining energy or taking unnecessary attention?

2. Question

Does it still add value —
or has the habit, commitment or task simply continued?

3. Remove

Can you stop doing it rather than find a better way to manage it?

4. Resist Replacing

Don't automatically fill the space with something else.
Sometimes the space is the benefit.

5. Notice The Difference

What became easier? Less mental load? Fewer decisions? More time? More
breathing room?

The measure isn't whether you're doing more.
It's whether life feels more manageable.
