



The Frictionless Daily Habits Framework

Your future isn't built on your best days;
it's built on what you make easy to repeat on ordinary ones.

Choose

Decide what behaviour actually supports the future you want.

Simplify

Remove unnecessary friction between intention and action.

Prepare

Shape your environment so the behaviour becomes easier to repeat.

Repeat

Don't chase perfection. Look for consistency across ordinary days.
The goal isn't a perfectly organised digital workspace.

Notice

Pay attention to what your repeated behaviour is actually creating.

Your future isn't built by what you intend to do occasionally.
It is built by what you make easy to do repeatedly.
