

MINIMUM VIABLE DAY - One Pager

The smallest version of a day I can keep — even on hard days.

MY DAILY FLOOR

Even on my most difficult days, I will still do the following:

- _____
- _____
- _____

Rules

- Must be small enough to finish each in **under 20 minutes**
 - **Perfection not required**
 - If all boxes are checked, **the day counts**
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THE HARD DAY RULE

When energy, time, or motivation drops,

I do the floor only.
I do not push.
I do not punish.
I do not make up for missed days.

OPTIONAL: GOOD DAY EXPANSION

After meeting my floor, on good days I might:

- _____
- _____

These are bonuses, not promises.

CONTINUITY CHECK

At the end of the day, ask yourself one question?

Did I keep my floor today?

- Yes — the system held
 - No — do I need to tweak anything for tomorrow? No guilt. No backlog.
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Signed _____

Date: _____