Time Blindness Pack

External scaffolding for a clock that doesn't report.

4 WORKSHEETS INSIDE

1. Appointment Day Plan
   Stop one appointment eating the day
2. Leaving the House
   The launch pad and the shoes-on rule
3. Deadline Backwards Planner
   Deadlines walked backwards, with buffer
4. Renewal Tracker
   The dates you can't feel, written down

Every sheet is fillable. Type into it in any PDF reader, or print it and write.

A worksheet, not a system. Half-filled counts.

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Appointment Day Plan

Waiting mode is real. Give the dead zone a job description.

A worksheet, not a system. Half-filled counts.

1 The appointment *time and place*

2 Leave by *the honest version, with the getting-ready tax*

3 The one real thing, done first thing

4 Waiting-mode jobs *shallow, interruptible, decided in advance*

- [ ]
- [ ]
- [ ]
- [ ]

5 Alarms set

- [ ] "Start wrapping up"
- [ ] "Leave now, shoes, keys, go"

> *A morning that clears twelve small things is a good morning by any honest standard.*

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Leaving the House

The launch pad, the stages, and the shoes-on rule.

A worksheet, not a system. Half-filled counts.

1 Launch pad, staged tonight

- [ ] Keys
- [ ] Wallet
- [ ] Phone + charger
- [ ] .....
- [ ] .....
- [ ] .....

2 Tomorrow's special cargo *goes to the pad at 9pm, not the kitchen table*

.....

.....

3 Staged alarms

- [ ] -30: finish what you're doing
- [ ] -15: dressed, pad check
- [ ] 0: walk out, mid-sentence if necessary

> *Once shoes are on, the house is closed. Anything remembered goes in a phone note.*

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Deadline Backwards Planner

Plan from the deadline back, with buffer for the days that go sideways.

A worksheet, not a system. Half-filled counts.

1 The deadline *from the calendar, not from your chest*

2 What done actually looks like

3 Working backwards

Before that can happen...	By when	Takes (honest x2)

4 Buffer day(s), blocked out now

5 The first action, scheduled

Small enough to start the day you wrote this.

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Renewal Tracker

The subscription economy is a bet on people like us. Take the other side.

A worksheet, not a system. Half-filled counts.

1 Everything that renews

Service	Cost	Renews on	Cancel by	Keep?

2 Cancelling this week (one is enough)

One item a week is 52 a year. That's more than the panic system ever managed.