Before you rebuild

Three questions before you make a new plan

Date: _____

Most plans last about two weeks. When yours stops matching your week, don't start over. Answer these first.

1 What actually moved?

Look at what you sent, shipped and wrote this week: your sent mail, your files, your calendar, your chats. Count what was never on the plan too.

2 What still matters?

Read the old plan once, top to bottom. Keep what you'd be sorry to drop. Let the rest go.

KEEP	LET GO

3 What can wait?

Pick one thing for Monday morning. Put the rest on a later list, not on the plan.

MONDAY MORNING	LATER

Moved. Matters. Waits.

Treadle answers the first question for you, from the work you already do in Claude, your chats, your calendar and your code. The other two stay yours.

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