

Single-Task Oath

A one-card tool for overwhelm spirals. Use it when the list keeps multiplying and you need one visible task.

Use this when the list keeps sprouting new heads and every new idea feels equally urgent. The point is not to do everything. The point is to keep one task alive long enough to finish it.

How to use it

- [] Name one task, not a category.
 - [] Gather only the tools for that task.
 - [] Park every new idea instead of promoting it into the current fight.
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The oath

"I do not grow new heads." I choose one task, gather only the tools for that task, and work until the stump is cauterized.

Front of card

- [] Task in focus: _____
- [] Torch lit? _____
- [] Distractions exiled: _____

Back of card

1. Today's three quests:

- _____
- _____
- _____

2. Parking lot for new heads:

- _____
- _____
- _____