The Morning Card

Twenty minutes, in order, with a space to write the one task.

Before the phone

Water. A full glass, before anything else.
Light. Outside, or at an open window, for one minute. Barefoot if the ground allows.
Words. Three lines by hand: what the day holds, what you are not doing, what would make it good.

The one task

Choose the single thing that must happen today. Write it where the phone cannot see it.
Leave one small thing undone on purpose. A day with no give in it breaks by eleven.

When you forget

You will forget. The recovery is one minute, not a restart and not a penance.
Write the card out again by hand. There is something about the hand that the phone cannot do.

Conscious living note, The First Twenty Minutes.