
A Friction Map

Each box is something you do **once**, in **under five minutes**, that then **stays put** (Chapters 3 and 11).

Three things I'll make **easier**

1.

2.

3.

Three things I'll make **harder**

1.

2.

3.

The cue I'm attaching the new habit to (place, time, person, what came before): _____

Someone coming along, or who knows my plan: _____

The line I'm copying into part 4 of the Handover Note:
