The Weekly Sync

Fifteen minutes, once a week

We don't just clean as a family. We function as one. So once a week there is a short meeting to check the fuel levels, clear the static and name what went right before the next seven days start.

Fifteen minutes. Everybody who lives here, including the small ones, who turn out to have opinions about all five of these.

THE FIVE CHECKS

ONE
Fuel audit
Look back at the week. What left people steady, and what left them fizzy? The steady things are the ones worth putting more of into the next seven days.

TWO
Name the wins
Not the days that went well. The moments somebody chose the smaller thing on purpose rather than pushing on to burnout. Those count, and they are the ones nobody notices.

THREE
Language check
Did the code words help this week? Decide whether anybody needs a new one — a feeling that keeps happening and has no word for it yet.

FOUR
The week's meals
Pick them against the energy you expect, not against the days. A heavy week gets the low-effort ones with spares behind them; a lighter week can carry more variety.

FIVE
Tomorrow's first thing
Choose the one thing that starts the morning, and clear the flat surfaces once more, so the week opens on a cleared deck rather than on last week's.

Pick the day that fits your house, and then keep it. A fixed day is what makes it happen at all — it does not have to be anybody else's day, and a week that starts on a Wednesday is still a week.

This week's sync

Print one a week, or keep one and use a pencil

Fill it in together, out loud. The point is not the record. It is that each of the five gets asked, in front of everybody, on a day when nothing has gone wrong yet.

Week beginning _____

THE FIVE CHECKS

Fuel audit

Steady / fizzy. What we do more of.

The wins

Who chose the smaller thing, and when.

Language check

Words that worked. Any new one needed.

The week's meals

Seven, against the energy we expect.

Tomorrow's first thing

One thing. Surfaces cleared.

These are two pages out of **The ADHD Operating System**, free because the rest of it only works if this bit does. Everything else is at **ecoandsnug.com**.