AUTOMATE EVERYTHING

workshop discussion guide

Choose which area you'd benefit the most from systematizing: **mindset, household, joy, relationships, wellness work.**

You don't need to automate all six today. Pick the one that's costing you the most right now, and go deep on that one.

CATEGORY 01: MINDSET

Build a recurring check-in with yourself

1. What recurring practice would give your mind a reset — journaling, a gratitude list, a values check-in, a walk with no phone?
2. How often does that practice actually need to happen to work? (Be honest. Not how often you wish. How often is realistic.)
3. When and where would it live? Morning coffee, the commute, the last five minutes before bed?
4. What obstacle usually kills this for you? Time, energy, or forgetting it exists?
5. Is there a version of this that takes 90 seconds instead of 20 minutes, for the days you can't do the full version?
6. How could you make it easier, more obvious, more attractive, and more satisfying, so it survives a bad week?

CATEGORY 02: HOUSEHOLD

Decide once and for all

1. What household task keeps landing on your plate as a decision instead of a routine: meals, laundry, bills, decluttering?
2. How often does it actually need attention? Daily, weekly, monthly?
3. When and where does it happen? Same day, same time, same spot?
4. Does this system involve anyone else in your house? Who needs to be looped in for it to actually stick?
5. What's the obstacle that derails it most — no plan, no ingredients, no energy, no buy-in?
6. How could you make it easier, more obvious, more attractive, and more satisfying, so it doesn't rely on willpower?

CATEGORY 03: JOY

Build a recurring appointment with the things you love

1. What's something that used to bring you joy that's quietly disappeared from your calendar?
2. What would a recurring touchpoint with that thing look like? A class, a solo hour, a standing plan with a friend?
3. How often, realistically, given everything else on your plate?
4. When and where? What would have to be true for this to actually happen instead of getting bumped?
5. What obstacle usually wins: guilt, time, or convincing yourself it's not productive enough to count?
1. How could you make it easier, more obvious, more attractive, and more satisfying, so it stops being the first thing you cut?

CATEGORY 04: RELATIONSHIPS

Build a recurring appointment with the things you love

1. What would a recurring touchpoint look like with your romantic partner? Your best friend? Your group of friends?
2. How often does each relationship actually need contact to stay strong?
3. When and where would it happen?
4. What obstacles might stand in the way — schedules, distance, energy at the end of the day?
5. Is there an option to meet asynchronously, like the Marco Polo app or sending voice memos, instead of needing everyone live on Zoom at once?
6. How could you make it easier, more obvious, more attractive, and more satisfying?

CATEGORY 05: WELLNESS

Build a recurring system for your body

1. What's the wellness habit you keep meaning to make consistent — movement, sleep, meal prep, doctor visits?
2. How often does it need to happen to actually move the needle for you?
3. When and where does it fit into a normal week, not a fantasy week?
4. What obstacle shows up most — time, energy, motivation, or not knowing where to start?
5. Does this need a partner in it (a workout buddy, an accountability text) or does it work better solo?
6. How could you make it easier, more obvious, more attractive, and more satisfying, so it survives a stressful season?

CATEGORY 06: WORK

Build a recurring system instead of reactive chaos

1. What part of your workweek runs on decision-making that could run on a system instead — planning, deep work, check-ins, learning?
2. How often does that system need to run? Daily, weekly, quarterly?
3. When and where does it happen? What's blocked on your calendar versus what's hoped for?
4. What obstacle tends to eat this time first — meetings, interruptions, or your own inbox?
5. Is there a version of this that works asynchronously, so it doesn't depend on everyone's calendar aligning?
6. How could you make it easier, more obvious, more attractive, and more satisfying, so it's still standing in a month?