

THE LOAD LEDGER

WHAT YOU AGREED TO CARRY

Nobody is coming to reduce your load. It did not arrive all at once. It arrived one yes at a time, and none of them ever came back up for review.

THE PREMISE

A standing commitment is anything that recurs without being re-decided. The board seat. The Tuesday call. The thing you agreed to years ago that nobody has revisited since. The favor that became a job.

Every one of them was small enough to say yes to on the day. That is exactly why you said yes. And not one of them has an expiry date, so they accumulate, and the total never gets looked at.

Nothing on your calendar leaves on its own.

Count the hours door to door. The meeting, the drive, the preparation, and the hour afterward where you are no use to anyone. Do not research the number. Your first estimate is close enough, and the total is the point.

Answer the last column fast. If you have to think about whether you would say yes today, the answer is no.

HOW A LINE LOOKS

THE COMMITMENT	HOURS A WEEK	YES TO IT TODAY?
Tuesday team call	1.5	No
HOA landscape committee	2	No

The call is thirty minutes. It costs 1.5: the drive there, the drive back, and the twenty minutes after where you are no use to anyone. Write what it costs, not what it is scheduled for.

Name something you could actually put down. “House stuff” cannot be resigned from. A committee can.

THE LEDGER • 1 OF 3

Hours are door to door. Travel, preparation, and the time after.

01 WORK BEYOND THE JOB

THE COMMITMENT	HOURS A WEEK	YES TO IT TODAY?

02 HOME AND PROPERTY

THE COMMITMENT	HOURS A WEEK	YES TO IT TODAY?

THE LEDGER • 2 OF 3

Hours are door to door. Travel, preparation, and the time after.

03 FAMILY AND CAREGIVING

THE COMMITMENT	HOURS A WEEK	YES TO IT TODAY?

04 MONEY AND ADMIN

THE COMMITMENT	HOURS A WEEK	YES TO IT TODAY?

THE LEDGER • 3 OF 3

Hours are door to door. Travel, preparation, and the time after.

05 COMMUNITY, BOARD, VOLUNTEER

THE COMMITMENT	HOURS A WEEK	YES TO IT TODAY?

06 STANDING AND RECURRING

THE COMMITMENT	HOURS A WEEK	YES TO IT TODAY?

THE COUNT

Go back through every page. Add the hours column. Then add only the hours on the lines where you answered no.

TOTAL HOURS A WEEK

**HOURS ON THE LINES YOU WOULD
NOT SAY YES TO TODAY**

The second number is the load you are carrying for a decision you already stopped agreeing with.

Counted it? What comes off first is a decision, not a number.

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