

# THE OPEN LOOP INVENTORY

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## THE REASON YOU ARE TIRED

Most tiredness is not workload. It is unfinished business running in the background. Open loops do not sit quietly. They run.

## THE PREMISE

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An open loop is anything unfinished that your mind keeps holding. A call you have not returned. A decision you keep deferring. A bill you half-sorted. A conversation you owe someone and keep postponing.

You are not tired because of what you did today. You are tired because thirty of these are still open, and each one costs a small, constant amount of attention to keep alive. The cost is invisible. The total is not.

This document does one thing. It moves the loops out of your head and onto paper, where you can count them. It does not tell you to close them. It shows you how many there are.

**You cannot rest a system that is still running processes.**

**Write fast. Do not filter. If it comes to mind, it is open.** Use the column on the right to note what closing it would actually take. A call, a decision, ten minutes, a hard conversation.

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01 WORK

| THE LOOP | OPEN SINCE | WHAT CLOSING IT TAKES |
|----------|------------|-----------------------|
|          |            |                       |
|          |            |                       |
|          |            |                       |
|          |            |                       |
|          |            |                       |
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02 HOME AND PROPERTY

| THE LOOP | OPEN SINCE | WHAT CLOSING IT TAKES |
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|          |            |                       |
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|          |            |                       |

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03 MONEY AND ADMIN

| THE LOOP | OPEN SINCE | WHAT CLOSING IT TAKES |
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04 HEALTH

| THE LOOP | OPEN SINCE | WHAT CLOSING IT TAKES |
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|          |            |                       |
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|          |            |                       |

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05 RELATIONSHIPS AND CONVERSATIONS OWED

| THE LOOP | OPEN SINCE | WHAT CLOSING IT TAKES |
|----------|------------|-----------------------|
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|          |            |                       |
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06 COMMITMENTS I SAID YES TO

| THE LOOP | OPEN SINCE | WHAT CLOSING IT TAKES |
|----------|------------|-----------------------|
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|          |            |                       |
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## THE COUNT

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Go back through every page. Count each line you wrote. Write the total below.

**TOTAL OPEN LOOPS**

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**That is the number running behind everything else you do.**

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

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BUILT FOR 100.**