

Simplicity & Planning

Planning is everything, the plan is nothing. - Dwight Eisenhower

Less but better. Dieter Rams

Complexity Problem

My systems evolved over time

More was added over time

Collapsed on itself

Spent a period of time in chaos

Now I value simplicity more

Simple things are sustainable, to be essential something must at it's core be sustainable

Digital problem

I spend all day looking at screens

My task management tends to be more focused on lists

Over using this part of the brain all day long

"work expands so as to fill the time available for its completion"
Parkinson's law

Digital & physical

Digital is the brain

Paper is for planning

Tasks + Calendar = Weekly Plan

Mechanics

Things

On the go think of things

Lists

Someday maybe

Notebook

Weekly planning

Daily planning

Solution

Why I like this

Fun and novel

Less screen time

Notebook encourages spacial and visual thinking - more creative less executive

Tetris

Create artificial constraints to allow me tot do more

What does your system look like?