DECIDE ONCE — CORPORATE FRAMEWORKS FOR LIFE

WILLPOWER IS A SOFT RULE. A WRITTEN ONE HOLDS.

At 9 pm you're tired, and you're negotiating with yourself. Companies don't run on 9 pm judgement calls. They run on **policies**. So write yours once, and stop deciding every night.

RULE 1

Every food has an address.

Pick the foods you love and give each one a place or an occasion. Vada pav = Mumbai. Choris poi = Goa. Poori aloo = when a guest visits. Nothing banned, just decided in advance. Outside its address, you skip it without a debate.

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RULE 2

Make the gym a recurring meeting.

Block the slots like a meeting you can't move: same days, same time, marked busy so nothing else books it. Give the invite a boring name ("Training"). A meeting that's in the calendar gets treated like one.

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RULE 3

Set the default.

The easy choice is whatever is in reach. Decide what's in the house and what sits on the desk: roasted chana or fruit on the desk, the biscuit tin not in the house. Make the lazy choice the right choice.

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RULE 4

If-then backups. Never miss twice.

One missed session happens. Write the backup now: "If I miss Tuesday, then Wednesday is non-negotiable." Two misses in a row is where the habit leaves.

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RULE 5

The Friday 5-minute review.

Every Friday, five minutes, three questions. Which rule held? Which one slipped? What do I change next week? One change only.

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Quick win, 10 minutes: **fill in your first 3 rules tonight.** Not all five. Pick three, finish them in ten minutes, start tomorrow. The sheet is on page 2.

This is my approach, not medical advice. If you have a back condition, an injury, a heart condition or a long break from training, check with your doctor before you change how you train.

DECIDE ONCE — YOUR POLICY

PICK THREE. TEN MINUTES.

RULE 1 · FOOD ADDRESS

A food I love · its address (place or occasion) · outside it, I skip it.

Food _____ Address _____

Food _____ Address _____

Food _____ Address _____

RULE 2 · RECURRING MEETING

Days _____ Start time _____ Length _____

Invite name _____ Calendar set to busy? ☐

RULE 3 · THE DEFAULT

In the house (3 foods) _____

On the desk (1 thing) _____ Out of sight (1 thing) _____

RULE 4 · IF-THEN

If I miss _____ then I _____ on _____

RULE 5 · FRIDAY REVIEW

Day and time _____ Which held _____

Which slipped _____ One change next week _____

START DATE

I start on _____ First review on _____

Put the start date in your calendar **before you close this page.** Someday is not a date.