

The “Good Enough” Planning Guide

How to plan realistically without burning out.

Plans fail when they assume:

- high energy
- perfect focus
- uninterrupted time

A **good enough** plan works on tired days.

The Good Enough Rule

Ask:

“What would make this week feel manageable?”

Not impressive.

Not optimized.

Manageable.

Three Limits That Protect Consistency

When planning, limit:

- priorities (2–3 max)
- commitments
- expectations

Subtract before you add.

If You Drift

Don’t redesign your system.

Return to:

- one reset
- one space
- one anchor

That’s how systems survive real life.