



ORIGIN FIELD NOTES

ISSUE 01: MAKING ROOM FOR ORDINARY CHANGE.

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ORIGIN

Issue 01

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The plan that fits

An ambitious plan can be clear on paper and impossible in a real week. That mismatch is information. Before adding another task, look at the space already occupied by work, travel, care and ordinary maintenance. A useful plan begins with that calendar, not an imaginary empty one.

Choose one intention. Write the smallest visible action that would move it forward. Now give it an actual place in the week. If there is no place, something needs to become smaller, later or unnecessary. Naming that trade-off is part of planning.

A plan earns its value when you can use it. At the end of the week, compare the plan with events. Keep what helped. Change what did not fit. A revision is evidence that you are paying attention.

Make the idea yours

Where does this show up in my life?

What is one useful experiment?

When will I review it?
