The Forensic Energy-Drag Audit Sheet

Phase 0 (Regulate) & Phase 1 (Subtract) diagnostic worksheet to eliminate 60% of execution drag.

01 Open Loops & Unfinished Commitments Inventory

[ ] List every active project, half-built offer, or unkept promise currently occupying mental RAM.

[ ] Mark each item with (F) Finish in 7 days, (V) Freeze in 90-Day Vault, or (K) Kill immediately.

* Rule: You cannot add a new execution target until at least 3 open loops are killed or frozen.

02 The 4 Sources of Execution Drag

[ ] Cognitive Drag - tabs, dashboards, courses, and research loops masquerading as progress.

[ ] Calendar Drag - recurring status calls or low-leverage meetings without a concrete decision owner.

[ ] Environment Drag - phone in reach, notifications unmuted during your first 90 minutes.

[ ] Identity Drag - saying yes to legacy obligations that conflict with your 90-day target.

03 The 60% Subtraction Protocol

[ ] Identify the top 3 activities that consumed hours this week without producing a shipped unit.

[ ] Write an explicit Stop-Doing rule for each (e.g., 'No portfolio/template edits before 2pm').

[ ] Lock your Single Primary Metric for the next 30 days.

04 Daily Big 3 & Anti-Avoidance Frog Lock

[ ] Name tomorrow's #1 Frog (the highest-leverage visible move you are most tempted to delay).

[ ] Block your first 90-minute ultradian window on the calendar before checking email or DMs.