TODD INK · HEALTH

Remove Before You Add

Pleasure, purchases and more apps keep promising happiness. Natural law points the other way.

THE LINE

We live in an addition economy.

01 · THE PROBLEM

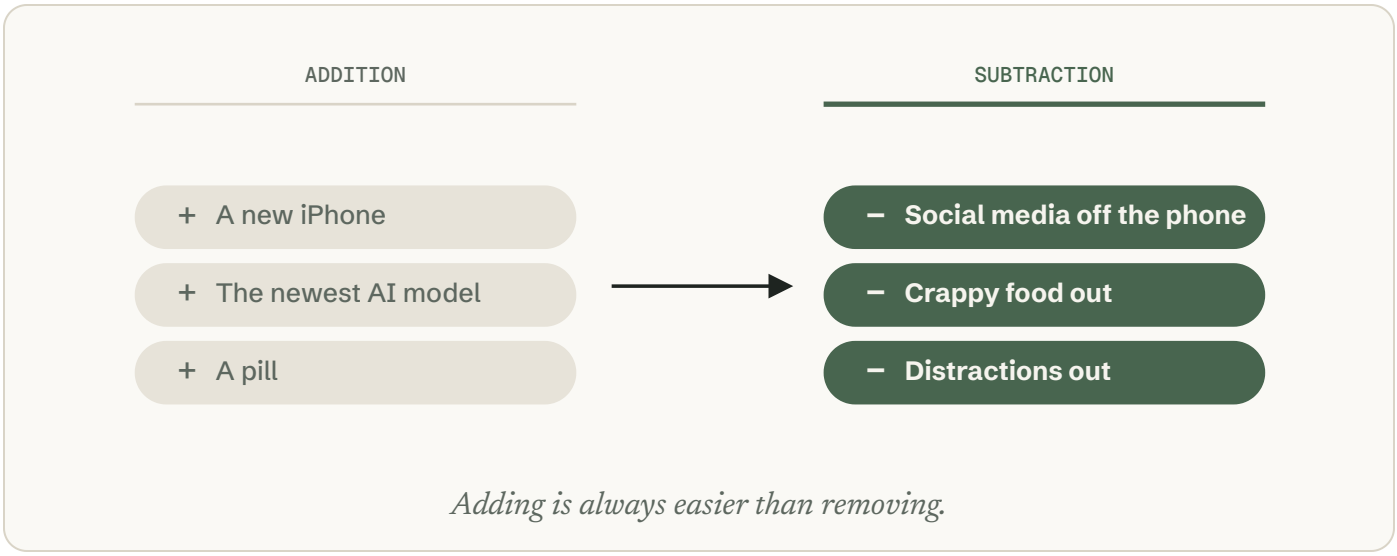
Almost everything around us pulls us away from how we were made, and we pay for the distance.

02 · THE USUAL FIX

Then we look for something to add that fixes it. Adding is always easier than removing.

03 · THE MOVE

You already know what has to go. Do a one-minute review every day. Then pick the top one. One change, not five.



Adding is always easier than removing.

WORTH KEEPING

> Deep down, you already know.

> Habits are things that happen to us. Routines are things we do.

> Being content is the most pleasurable feeling in life.

THE STEPS

01 What do I need to stop doing?

02 What do I need to start doing?

03 What do I need to continue doing?

04 Then pick the top one.

REMOVE BEFORE YOU ADD

The Witness Stand

Every area of my life where I moved closer to natural law got better.

01 · NAME IT

Sleep, food, movement, relationships, work: which one is furthest from how you were made?

02 · THE RECEIPT

What has that distance cost you in the last 30 days? Write a number, a name or a date.

03 · THE USUAL FIX

What have you added to fix it: the purchase, the app, the pill?

04 · WHY IT DIDN'T HOLD

Write the line you tell yourself that keeps it in place, like “It's just a game on Sunday.”

05 · THE MOVE, YOUR SIZE

Deep down, you already know. What is the one thing to remove first?

06 · THE PROOF

Where and when will you do your one-minute review each day?

07 · CHOOSE ONE

That's your focus going into the weekend, or for next week.

☐ **Action**

A one-time thing · like deleting it from your phone

I will _____

by _____

☐ **If-then**

A repeat, on a cue

If _____

then I _____

☐ **Block**

Time it needs protected

Day _____

Time _____

Minutes _____

SIGNED DATE REWRITE ON

_____ _____ _____