CHECKLIST **The Lights-Out Checklist**

Do these before you go to sleep tonight. Tick each one as you finish it.

☐ I picked one target, just one: _____

☐ My dumb-small start (under a minute): _____

☐ The object for that first move is sitting where I can't miss it.
☐ My phone is charging out of arm's reach (across the room or in another room).
☐ My alarm is somewhere I have to stand up to turn it off.
☐ The thing that usually eats my night (controller, laptop, snacks) is put away.
☐ I ran through my first step the boring way three times (pictured, said or touched).
☐ I've agreed with myself that the dumb-small start counts, even if I stop there.

© 2026 Knox Harlan · From *Disciplinemaxxing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads