Cut One Thread

End one standing commitment that draws on your time or attention and gives nothing back.

YOU NEED

one sheet of paper, a pen

THE WORKING

1. List the standing commitments that draw on you each week, such as subscriptions, mailing lists, groups or meetings.
2. Mark the one that returns the least for what it takes.
3. End it now through its own cancel or leave step.
4. Draw one line through it on the list.

WRITE IT DOWN

Write what you ended, the time, and what you felt in the body as you ended it.

LOOK AGAIN

In seven days, note what you did with the time or attention that thread used to take.

> *"each cancellation is a Black working, cutting a thread that drains resources without return" · MAGICK: The Operations Manual*