A way forward

FRICTION REDUCTION

Friction is anything that makes your next step harder.

Choose one everyday situation. Look for one support that could help.

Short answers are enough. Share only what feels comfortable.

01 **NOTICE** Name one situation.



What do I want or need to do that feels hard?

Keep it specific: a task, routine, or moment in your day.

Example: Getting out the door on time.

02 **LOCATE** Find the difficult part.



Where, exactly, does it get difficult?

Look for: searching, forgetting, too many steps, low energy, missing help.

Example: I spend time looking for my keys.

03 **SUPPORT** Make that part easier.



What could I put in place to help?

Consider: a tool, reminder, simpler setup, backup plan, or person.

Example: A bowl for my keys beside the door.

04 **TRY** Take one small step.



What will I do this week to put that support in place?

Asking for help or finding a resource counts as a first step.

My plan: By _____, I will...

After you try it: Was it easier? Keep what helps. Adjust what doesn't.

You do not have to solve everything to make one part easier.

© 2026 Michelle D. Fowler. All rights reserved.