Park It

Quick guide

THE ONE IDEA

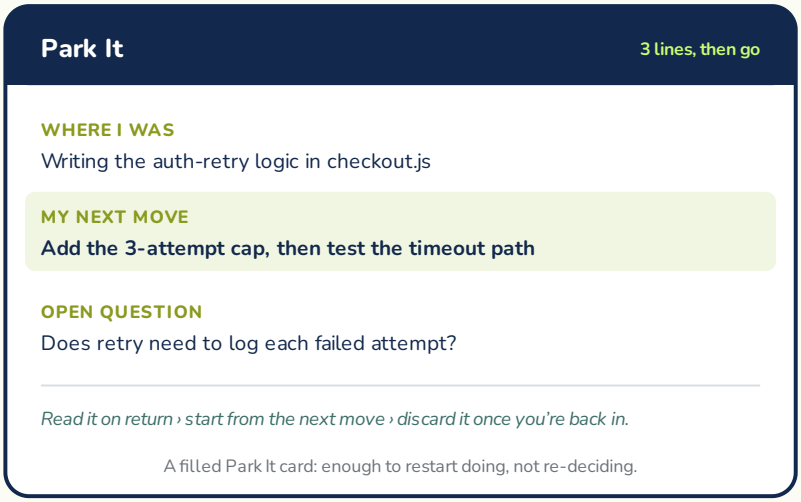
The cost of an interruption isn't the interruption — it's the re-entry. **Park it — protect the re-entry**, so you drop back into deep work in seconds, not minutes.

Re-entry — the time and effort it takes to rebuild where you were after a break. It's the hidden cost of every interruption: the work itself paused for two minutes, but your head took ten to get back in. Park It cuts that to seconds by capturing your place before you turn away.

· WHAT DO I WRITE?

What to write — three lines, then go

The instant you're pulled away, write three short lines on the card: where you were, your next move, and the open question you were holding. Phrases, not sentences — speed is the point.



A filled Park It card: enough to restart doing, not re-deciding.

The next move is the most important line. If you capture only one thing, capture the very next action — that's what lets you restart doing instead of standing at the start of the work wondering where to begin.

· WHAT MAKES A GOOD CARD?

Bad › Better › Best

The difference between a card that rescues your focus and one that doesn't:

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A CARD THAT RESCUES YOUR FOCUS — AND ONE THAT DOESN'T

BAD

"Working on checkout."

Too vague. On return you still have to rebuild everything — the card saved nothing.

BETTER

"Fixing the auth-retry bug in checkout.js."

Names the spot, but not the next move — you restart by re-deciding, not doing.

BEST

"Auth-retry in checkout.js · next: add 3-attempt cap, test timeout · Q: log each fail?"

Place, next move, open question. You drop straight back in.

· WHERE DOES IT HELP MOST?

Where it helps most

Moment	How to use it
The meeting pull-out	Someone grabs you mid-task — park it before you stand up.
The end of the day	Park tomorrow's first move tonight, so you start moving, not orienting.
Switching between tasks	Bouncing between two demanding pieces of work — a card per thread keeps both warm.
A build or tests running	You switch away "for a minute" and lose the thread of what you meant to check next. Park it before you leave.
The "quick question" in chat	The cheapest interruption to answer is also the easiest to never recover from. Park first.

· HOW DO I MAKE IT A HABIT?

The habit to keep

THE HABIT

"Park it — protect the re-entry."

Before you turn away from focused work, take ten seconds to write the three lines. The card decides whether the interruption costs you seconds or minutes.

Used for a week, this stops being a card and becomes a reflex: you feel the pull, you catch your place, you go. That reflex — protecting the return, not fighting the interruption — is the whole tool.

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WHERE DOES THIS FIT?

Where this sits in the Gym

If instead…	Use this
the interruptions themselves keep getting through and cutting your focus	**Attention Boundary System** — measure the cost and set a boundary.
too many tasks compete for one slot	**One-Card Cut** — pick the one thing.
work keeps piling up in the queue faster than it clears	**Execution Queue Control** — get the queue back under control.

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