Watch-This Attention and Promise Plan

A small invitation deserves an honest answer.

Real attention and a kept small promise are more useful than an automatic yes.

Hypothetical example: a parent finishes a necessary call, returns at the agreed time, and watches the child's new jump-rope step without looking at the phone.

01 Hear the invitation before answering automatically

Hear the invitation and current duty.

Child's actual invitation

Current adult duty

Urgent part that must finish

Attention you can realistically give

02 Choose a real now or a real later

Choose now or a realistic later moment.

Now or later answer

Specific later time or cue

Length of the agreed window

Adult reminder that will work

Watch-This Attention and Promise Plan / Review & follow-through

03 Watch without turning it into a performance review

Watch the actual attempt.

Attempt you actually watched

Specific detail you noticed

Question you can ask honestly

Praise claim to avoid inventing

04 Return when you said you would

Keep or repair the small promise.

Promise kept or missed

Repair for a missed return

Next chance confirmed

Distraction to put aside