# Check Who Set the Deadline Before Passing the Rush to Your Family - working notes

*One situation. Clear facts. An honest next step.*

Identify the source and consequence of the time limit. Keep genuine commitments, ask openly for needed changes and describe a self-imposed target as a preference rather than an obligation everyone already accepted.

Hypothetical example: An adult realizes the before-dinner target was private, reduces the optional project and asks openly for help. An actual promise to another person remains a separate commitment.

## 01 Find the source of the urgency

Identify who or what set the time limit.

Task and target time

Deadline source

Current instruction or agreement

## 02 Name the consequence accurately

Verify the actual consequence and existing commitments.

Actual consequence

People genuinely depending on it

Assumption to remove

# Check Who Set the Deadline Before Passing the Rush to Your Family - working notes / Review & follow-through

## 03 Ask for the help you actually need

Ask openly for help or an agreed change.

Help requested

Answer received

Agreed change, if any

## 04 Keep the next plan honest

Record the new arrangement without converting preference into authority.

Next action and owner

Commitment communicated to affected person

Future planning adjustment