



# NEWS SOP SHEET

Your Standard Operating Procedure for information. Write it once, follow it every time, and stop letting the news decide what your day feels like.

## MY NEWS RULES

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*Set your rules once. Stick to them every time without negotiating.*

Sources I allow:

Sources I have cut:

My daily time limit for news:

Times of day I am allowed to check:

## MY CONSUMPTION STANDARD

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*If it does not pass this test, you do not consume it.*

The standard I use to decide if content is worth my attention:

The question I ask before opening any news source:

## MY RESPONSE PROTOCOL

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*What happens when you feel pulled to check outside your rules?*

What I do when I feel the urge outside my allowed window:

Why these rules matter and what they protect:

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Growth lives on the other side of action.