

Weekly

SUNDAY NIGHT NEURO-AUDIT

A 5-MINUTE PROTOCOL TO RECLAIM YOUR PEACE
AND YOUR PREP



PHASE 1: THE COGNITIVE LOAD FILTER

- The "Power of One":** If my student remembers only **one** sentence or concept, what **must** it be?
- The Complexity Cut:** Is this lesson trying to teach more than 3 new "chunks" of information? (If yes, move the extras to next week)
- The Resource Cleanse:** Close all tabs except for the **two** primary tools you will actually use.

PHASE 2: THE LESSON FLOW

- The Dopamine Hook:** Do I have a 2-minute "novelty" start to wake up their Reticular Activating System? (It can be a weird image, a mystery question, or a provocative statement).
- The Working Memory Buffer:** Where is the "Silence Gap"? (A 3-5 minute period where the student works quietly so their brain can consolidate what I just said).
- The Retrieval Exit:** How will the student "retrieve" the info at the end? *Note: Reviewing is what YOU do; Retrieval is what THEY do.*

PHASE 3: THE TEACHER-SANITY CHECK

- The "Conflict-Free" Boundary:** Are my student files updated and my "Late Link" emails ready to go?
- The 80% Rule:** Is this plan 80% ready? *Neuro-fact: Perfectionism is a stress-response. 80% is where the best, most organic teaching happens.*
- The Shutdown Ritual:** At *[Insert Time]*, I will close my laptop for the day. My brain needs "Default Mode" time to be creative tomorrow.