Start it. Finish it.
Hand it over.

For the cup of tea that never gets drunk. A thing you start needs a finish line you can both see, said out loud before you begin.

1 **Say the finish line before you start**

"Tea first, then the laundry." One sentence: what done looks like, and where it ends.

2 **Park the interruption**

Something grabs you halfway? Write it on a sticky note ("laundry: after tea") and stick it on the finish line. The thought is saved, so you can let it go.

3 **Hand it over, out loud**

"Done. Here's your tea." Saying done closes the loop for both of you.

If you start things

- → Say the finish line before the first step.
- → One sticky note beats ten half-started jobs.
- → "I started it" is not "I finished it". Say the second part too.

If you live with them

- → Instead of "You never finish anything": "What's the finish line for this one?"
- → Instead of "Why is there a cup in every room?": "Which one's mine? I'll take that one."
- → Thank them for starting. Then finish it together.

Our finish line this week

_____ first, then _____

This is one page of the toolkit. The Parent Trap turns the same idea into 12 script swaps and a handover checklist.