

# The Sunday Night Ceasefire

## A WRAP Agreement

This Weekly Review And Plan is between the "Project Manager" (Parent) and the "Lead Architect" (Teen)

### 1. The Time & Place

**The Duration:** Up to 30 minutes. No more. (Unless there are biscuits, in which case we can negotiate). It will happen at the end of the planning cycle (probably Sunday night).

**The Location:** Neutral territory: the kitchen table, the car, or anywhere that isn't a bedroom or an office. This is a mutual strategy session, not a court case.

### 2. The Parent's Vows (The "No-Nag" Clause)

I will not start any sentence with "Why haven't you...?" or "When I was your age..."

I will use coaching approach and avoid the "Interrogation Room" glare.

I promise not to limit resources (providing snacks, post-it notes, or silence as required).

I acknowledge that if I build the plan, it will fail. If you build it, it might just work.

### 3. The Teen's Vows (The "Reality" Clause)

I will acknowledge my ability to estimate how long things take. (My brain thinks a 2-hour task takes 10 minutes.) I will accept the 1.5x Planning Buffer Tax.

I will identify at least one "Mountain" (the hard stuff) so we can turn it into a series of "Molehill."

I will physically move the units on The Study Buddy board because science says if I touch it, I own it.

I will keep eye-rolls to a maximum of three per session (four if there are no biscuits).

### 4. The Sacred Rules of "Profit Time"

**The Deal:** If a task is planned for 50 minutes but completed (really well) in 35, the remaining 15 minutes is Profit Time.

Profit Time is untouchable. It cannot be filled with "just one more quick task." It is for scrolling or doing absolutely nothing.

### 5. The Reward

Success is getting to Sunday night having "beaten the house" and earned the most profit possible. At this point, we're all about effort. Great results will come.

*Signed* (Project Manager): \_\_\_\_\_

*Signed* (Lead Architect): \_\_\_\_\_

