

# The Master Shrink-Prevention Protocol

## ♦ Phase 1: The Protocol Mission

**My Minimum Viable Habit (MVH):** Before each shirt wash, I will check the fabric type and the water temperature rule exactly once.

**The Mission:** I will execute this MVH for 30 wash cycles without breaking the chain.

*The focus is not on executing a flawless wash cycle right now; the focus is solely on building the reflex to check the rule before turning the machine dial.*

## ♦ Phase 2: The Anchor Protocol

To make this habit permanent, tie it to a physical action you already perform subconsciously every laundry day.

**My Universal Trigger:** "After I sort my shirts by color into the laundry basket, I will immediately check the water temperature rule for the most delicate fabric in the pile."

## ♦ Phase 3: The Consistency Matrix

Do not track whether your shirts shrank—that is an outcome. Track whether your system was executed. Copy this grid and place a bold 'X' over each cycle where you successfully followed the procedural steps.

| Action Tracked       | 01–05                                                                                                           | 06–10                                                                                                           | 11–15                                                                                                           | 16–20                                                                                                           | 21–25                                                                                                           | 26–30                                                                                                           |
|----------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
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| Water Temp Confirmed | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div></div> |
| Drying Rule Followed | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div></div> |

#### ♦ Phase 4: The System Debrief

If you miss a step or break your chain, do not blame yourself or the fabric. Analyze the friction in your environment. Ask these four process-oriented questions:

1. What specific distraction or obstacle made me skip checking the generator?
2. Was my anchor moment (sorting by color) effective, or did I forget the trigger?
3. Which specific step in the checklist created the most physical or mental friction?
4. What single change to my laundry room setup will make the next wash cycle more automatic?

#### ♦ Phase 5: The System Refinement Loop

Use the insights from your debrief to engineer a fail-proof system for your next cycle. The goal is to continuously lower the barrier to entry until the habit requires zero willpower.

| Biggest Friction Point                                                       | New Strategy                                                                 | Refined Anchor                                                                              |
|------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <i>I forgot to check the generator on my phone.</i>                          | <i>Add a QR code linking to the tool near the laundry basket.</i>            | <i>After sorting shirts, I will immediately scan the QR code on the lid.</i>                |
| <i>Hanging shirts to dry was annoying because the hangers were upstairs.</i> | <i>Move a stack of wooden hangers permanently to the laundry room shelf.</i> | <i>After pulling shirts from the wash, I will immediately grab a hanger from the shelf.</i> |