

The Friday Fifteen

A 15-minute Friday close so the week actually ends

Good teams close the sprint before opening the next one, a retro that names what worked, what didn't, and what's carried forward on purpose instead of by accident. Most weeks as a parent just stop, no closing ritual, Friday bleeds straight into Saturday chores with nothing marked as finished. That's why Sunday night feels heavy even after a fine week, nothing ever got closed out. The Friday Fifteen is a short, honest close: wins, drops, and one thing you're letting yourself off the hook for, so the weekend actually starts instead of just arriving.

What you need: 15 minutes, alone or with a partner, sometime Friday afternoon or evening.

The steps

1. **List three wins from the week.** (4 minutes) Small counts. Got everyone out the door on time twice, finished the thing you were dreading, one good bedtime. Real wins, not humble-bragged ones.
2. **Name what got dropped.** (4 minutes) The email that didn't get sent, the load of laundry still on the couch, the call you meant to make. Say it plainly, no self-flagellation required.
3. **Pick one thing to forgive yourself for.** (3 minutes) The moment you snapped, the thing you said you'd do and didn't. Name it and actually let it go, out loud if that helps.
4. **Set one intention for the weekend.** (2 minutes) Not a to-do list, one thing you want more of. Rest, connection, less phone, whatever's true.
5. **Close it.** (2 minutes) Say "week's done" or something like it. Sounds silly, works anyway.

Your Friday close

Three wins this week

What got dropped

One thing I'm forgiving myself for

One intention for the weekend

When it goes sideways

You can't think of three wins. Lower the bar until you can. "Everyone's alive and fed" counts on a hard week. The point is finding evidence against the story that the week was a total loss.

The forgive-yourself part turns into a longer guilt spiral. Set a hard stop, three minutes, then move on regardless of whether it feels resolved. Some things take longer than a Friday ritual to fully process, and that's fine.

Friday's already too chaotic to pause for 15 minutes. Move it, Saturday morning coffee works fine. The ritual matters more than the exact day.

Closing the week on purpose is the difference between a weekend that starts and one that just happens to you.

