

Decision Token Audit

Department	Task	Token Cost (1-10)
Department 1: Sanitation (The Reset)	Loading/unloading the dishwasher	
	Hand-washing “hand-wash only” items	
	Sorting a mountain of mixed laundry	
	Folding and <i>putting away</i> a load of laundry	
	Wiping down the kitchen counters	
	Scrubbing a bathtub or shower	
Department 2: Logistics (The Supply Chain)	Deciding “What’s for dinner?” at 5:00 PM	
	Making a grocery list for the week	
	Unloading and putting away groceries	
	Prepping school lunches	
	Thawing meat/prepping ingredients at 10:00 AM	
Department 3: Operations (Infrastructure and Purge)	Clearing a “landing strip” (mail/keys/shoes)	
	Decluttering one “junk drawer”	
	Sorting through a “sentimental” box	
	Researching a repair or home project	
	Moving “foreign objects” back to their rooms	
Department 4: (Admin)	Paying bills/managing the budget	
	Coordinating the family calendar/rides	
	Sorting through the school “paperwork pile”	
	Scheduling doctor or dentist appts	
Department 5: Atmosphere (The Heart)	Managing a toddler tantrum/teenager mood	
	Forgiving yourself for a “messy” day	
	Initiating a family prayer or connection time	
Total Tokens Spent		____/100