3690 The Daily Trap

People Fieldbook · https://kb.jeffreysummers.com/docs/3690-the-daily-trap-2/

The Demand

Before your next shift, you name which of the three Daily Trap failure modes is keeping you in the building at 10am and out at 11pm despite a built bench, because the operation runs fine without you while you are running poorly without the operation — and every hour you spend there instead of on the next thing is an hour the future of the business does not get built.

The Work

1. Track your hours on the stage for three shifts this week. For each hour, ask: is this coaching, a quality check, or a Guest interaction that genuinely adds something — or is this the costume of being the one in the building.
2. Name your identity attachment directly: write one sentence completing "if I am not in the building daily, I am ___." If the sentence is uncomfortable, that is the constraint, not the schedule.
3. Ask your kitchen manager and front lead directly: does my presence on the stage add value or add friction this week. Take the answer at face value.
4. If you are at 4a, check whether you are hiding daily presence behind admin overflow — "the kitchen manager needs help with vendor calls." Name whether that admin work is actually your job or a role player's verb you have absorbed as an excuse to stay.
5. Write down the next thing — strategy, growth, brand, the next unit — that the freed time was supposed to fund. If it has not started, block one hour this week to start it, on the stage or off.

This week, remove yourself from one shift entirely and spend the freed time on the next thing you named, not on comfort with the old work.