

The Tap System

Five NFC stickers, placed where the job happens. Tap your phone and the routine runs. The wall starts remembering.

Set up a tag 1 Open Shortcuts (already on your iPhone) · 2 Automation tab > + > NFC · 3 Tap Scan, hold the top edge of the phone on the sticker, name it for its spot · 4 Choose Run Immediately · 5 Add the actions below · 6 Tap to test, phone unlocked. Same six steps every time.

1 • The Washer

START TIMER · 55 MINUTES

The load you forget until it smells like pond. Tap it when you press start; when the timer goes off, the load moves. If timers get dismissed in your house, use Add Reminder: "Move the load."

2 • The Front Door

SHOW NOTE "OUT THE DOOR"

The scan you run in your head every morning. Make the note first: water bottles, keys, the form, the library book, the thing by the microwave. Tap on the way to shoes.

3 • The Coffee Maker

GET UPCOMING EVENTS · SPEAK TEXT

The day's shape, before anyone needs you. Tap it while the coffee brews and the calendar reads itself to you. Add Get Current Weather if you dress kids by it.

4 • The Nightstand

OPEN NOTE "TOMORROW" · DO NOT DISTURB

The 11pm list that keeps you awake. Dump it into the note and put the phone down; the Set Focus action quiets the phone until morning. The note holds it. That was the whole trick.

5 • The Medicine Cabinet

APPEND CURRENT DATE TO NOTE "MEDS LOG"

"Did I already give her the Tylenol" at 2am. Tap it when you dose; the log answers the question, with timestamps.

House rules

Phone unlocked when you tap; a locked phone shows a notification instead. One tag, one job: a tag that does five things does none. Stick it where the job happens, at hand height, in plain sight.

The wall remembers now.

Any iPhone from 2018 on (XS or newer) reads these out of the box. Search "NTAG215 stickers," about ten dollars a pack, any brand. The sticker stays blank; everything it does lives on your phone.