

NAME \_\_\_\_\_

JOB \_\_\_\_\_

DON'T FORGET TO CALL

M

NAME \_\_\_\_\_

NAME \_\_\_\_\_

• ENDLESS DISTRACTIONS: Erase the Whiteboard. Erase a tick in the current clock. Write what pulled your focus away.

• CAN'T DO THIS RIGHT NOW: Erase the Whiteboard. Pull a card to switch tasks. Pull a second one if you didn't switch.

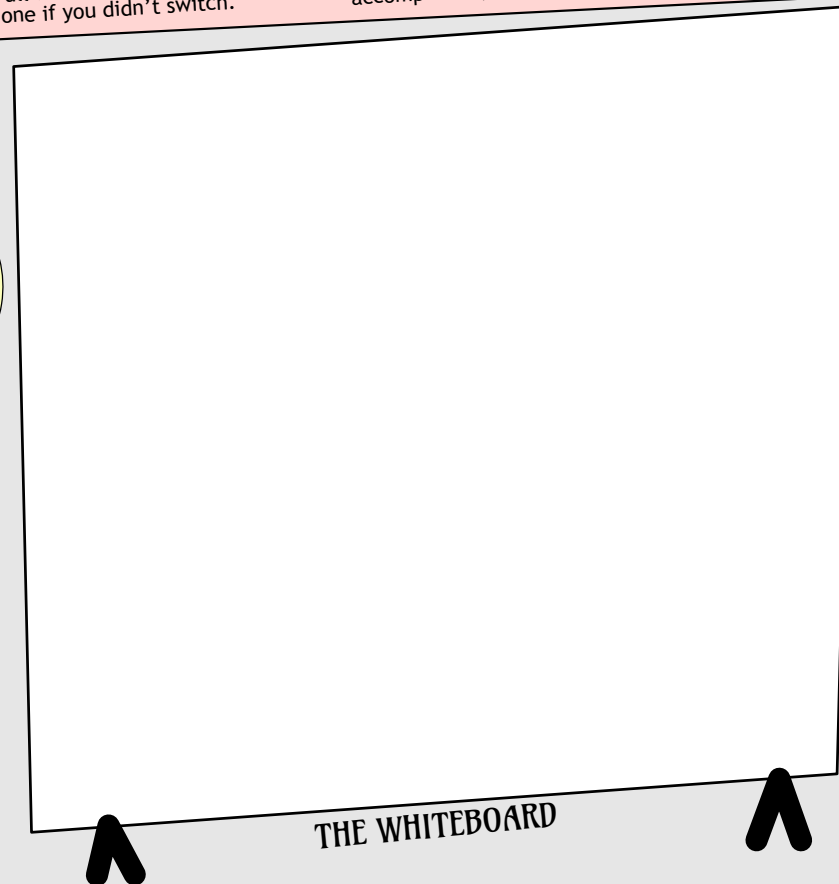
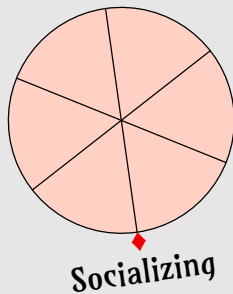
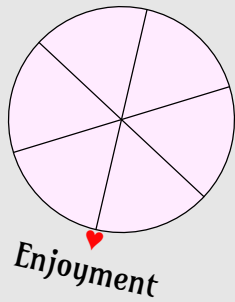
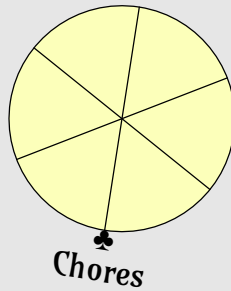
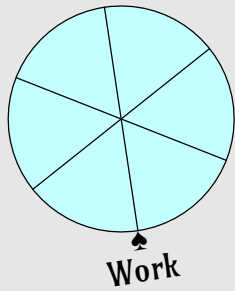
### BRAIN DIE REFERENCE

• SIDETRACKED: Erase the Whiteboard. Pull a card to switch tasks and mark 1 tick, or stick to this task with no progress.

• SO MUCH TO DO: Mark 1 tick on task clock. Pull to switch tasks. Write what you accomplished, and what pulled you away.

• FEELING PRODUCTIVE: Mark 1 tick on current task clock. Write down what you accomplished.

• BIG TIME FOCUS: Mark 2 ticks on task clock. Write what hooked you in for once.



Week 

S	M	T	W	Th	F	S
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