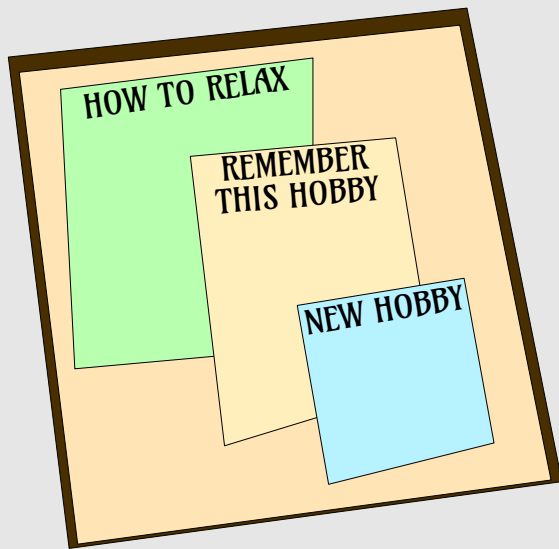




NAME _____

JOB _____

DON'T FORGET TO CALL

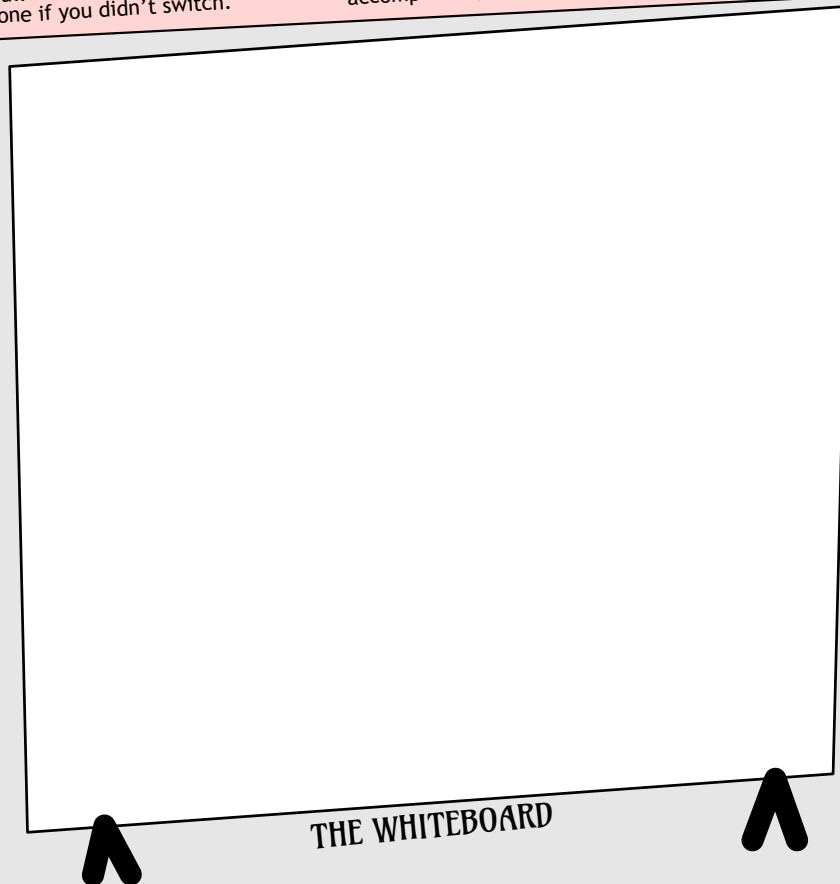
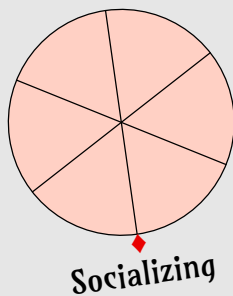
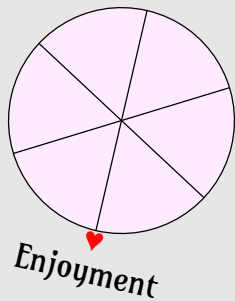
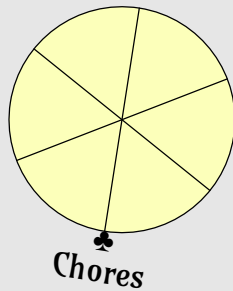
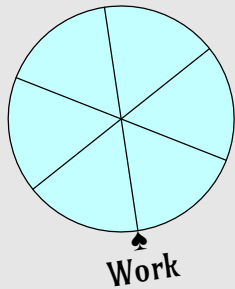
M

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BRAIN DIE REFERENCE

- 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.
- 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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