

TODAY — JUST THREE THINGS

Three tasks, a minutes guess for each, a small if-there's-time list, and a brain-dump box so everything else has somewhere to go.

Date _____ Energy today (1–5) _____

JUST THREE THINGS			
	The thing	Minutes	First tiny step
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☐			
☐			

IF THERE'S TIME (max five)	
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☐	
☐	
☐	
☐	

BRAIN DUMP — everything else goes here, not on the list

DONE TODAY (yes, even the small stuff)