

After a Hard Day

A short landing place for the end of a day that took everything you had.

WHEN TO USE THIS

Use this in the first hour after you get home.

What was the hardest part of today?

What got you through it?

Even if it was stubbornness and a cup of coffee.

Name three things you are not doing tonight.

Permission to leave them until tomorrow.

1.

2.

3.

The day is over. That is the whole achievement, and it counts.