

More of This, Less of That

Sort your days into what you want more of and what you want less of.

WHEN TO USE THIS

Use this when nothing is wrong exactly, but the balance feels off.

Think about an ordinary week of yours.

I WANT MORE OF THIS

I WANT LESS OF THIS

Pick one from each side. What would swapping a little of one for the other look like?

Who would notice if you made that swap, and what would they say?

Some things on the less side cannot go anywhere right now. Circle the ones that can.

You do not need a whole new life. Sometimes a few hours move.