

One Thing You Can Control

Pull one small piece out of a week you cannot fix, and take that piece back.

WHEN TO USE THIS

Use this at the start of a week that already feels out of your hands.

Sort this week into two piles.

NOT UP TO ME

UP TO ME

From the right side, pick one. What is it, and when this week will you do it?

One small thing done on purpose changes a week more than it looks like it will.

Small and yours beats big and impossible.