

Something You Finished

Give one finished thing the attention it did not get when you got there.

WHEN TO USE THIS

Use this after you finish something, or any time you have been counting only what is undone.

What did you finish?

Big or small. Getting through a hard week counts.

What did it take from you that nobody saw?

What did you learn about yourself doing it?

Mark it however you want. Draw it, write one word, or leave it.

Finished things get quiet fast. This one is worth a minute of your day.