

The Payback After a Good Day

For the days after you did more than usual and paid for it.

WHEN TO USE THIS

Use this a day or two after a good day that cost you.

What did you do on the good day?

What did it cost you afterward, and for how long?

Look back at it honestly.

WORTH IT

NOT WORTH IT

If you did it again, what would you change?

Shorter, slower, a rest built into the middle.

You are allowed to want the good day. This is only about the price tag.