

What Gets in the Way

Name the things that stop you, so you can plan around them instead of being surprised.

WHEN TO USE THIS

Use this when you keep meaning to do something and the day keeps eating it.

What are you trying to do that keeps not happening?

Think about the last few times it did not happen.

WHAT GOT IN THE WAY

WHAT MIGHT HELP NEXT TIME

Which one of those gets in the way most often?

Write one small plan for that one thing.

If this happens, then I will...

Most things that stop us are ordinary and repeatable. That means they can be planned for.