

What It Gives You, What It Takes

Puts both sides on one page: what you get out of it and what it is costing you.

WHEN TO USE THIS

Use this when you are weighing things up, whether or not you have decided anything.

There is a reason you use. People do not keep doing something that does nothing for them. Both sides of this page can be true.

Be straight with yourself. No one else has to read this.

WHAT IT GIVES ME

WHAT IT TAKES

Which line on the right sits with you the longest?

If you used less, what would you still need to get somewhere else?

Sleep, quiet, company, a break from your own head.

You do not have to decide anything today. Seeing it written down is enough for now.