

What You Can Do at 20 Percent

A short list you can reach for on the days there is almost nothing left.

WHEN TO USE THIS

Fill this in on a better day, so it is ready for a bad one.

Make this list while you can think straight. A bad day is not the time to start planning.

Things you can still do lying down.

1. _____
2. _____
3. _____
4. _____

Things that can wait until you have more.

1. _____
2. _____
3. _____
4. _____

Who could do one thing for you today?

Name the person and the one thing.

A short list you can use beats a long one you cannot.