



Hacking Time + Productivity: Unit Two - WORRY DUMP

PLEASE LISTEN TO THE AUDIO!

1. WORRY DUMP: Carve out a 5-10 minute worry dump.
 - a. Notebook + Pen.
 - b. Keep it by your workspace at all times.
 - c. Free write (and not on the computer). MUST be pen and notebook.
 - d. This worry dump will serve a purpose later.