

SACRED TIME \_\_\_\_\_ DATE \_\_\_\_\_  
MANTRA \_\_\_\_\_

## WORRY DUMP

# BIG LIST FOR TOMORROW

(grab things from your worry dump above if they are applicable)

**CIRCLE THE EASIEST + HARDEST 100's only (if you're on unit 5 or later)**

[illegible]

EASIEST TASK \_\_\_\_\_ Date \_\_\_\_\_

| Steps to accomplish this task | Necessary | Nice | ?? | DELEGATE |
|-------------------------------|-----------|------|----|----------|
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HARDEST TASK \_\_\_\_\_ Date \_\_\_\_\_

| Steps to accomplish this task | Necessary | Nice | ?? | DELEGATE |
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Typical Time (time you aren't in control of, and you can squeeze in tasks)  
Choose any of the 50/10 tasks in your big list and write them down to get done