

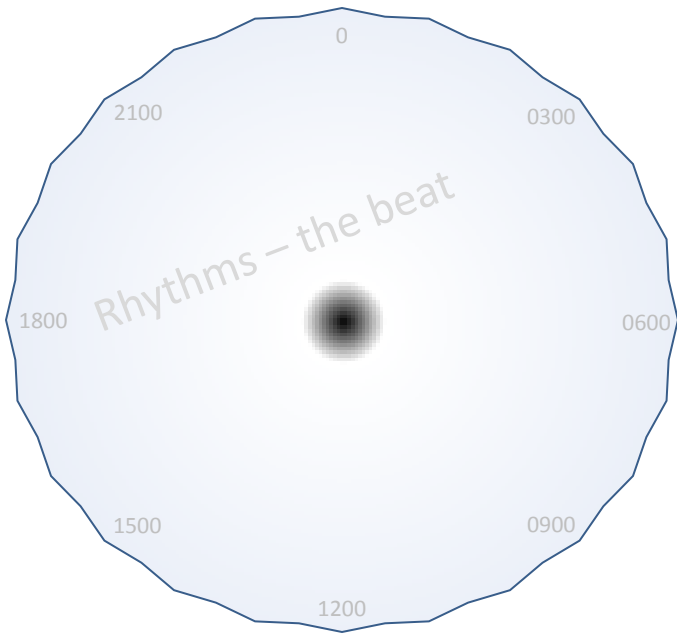
Date:

Observe What:

To Do or Did

Doing

Done



Work – the mouse

Achievement Goals or Patterns of Practice (Build Habit Languages)
Note Either Near Term and Long Term. Keep list short.

If didn't **Do** then ask/answer? Or how did things feel?

- Too Hard (Consider smaller steps)
- Too Much (Delegate to someone)
- Interrupted (Manage Focus)
- Unnecessary (Drop it and move on)
- Avoided (Didn't want to; Analyze This)
- Still Scheduled (In Plan)
- Other Priority Emerged (Discovery)
- Cluttered (reduce distractions)
- Blue (take a break)

Goals – the direction

Mood – the elephant

