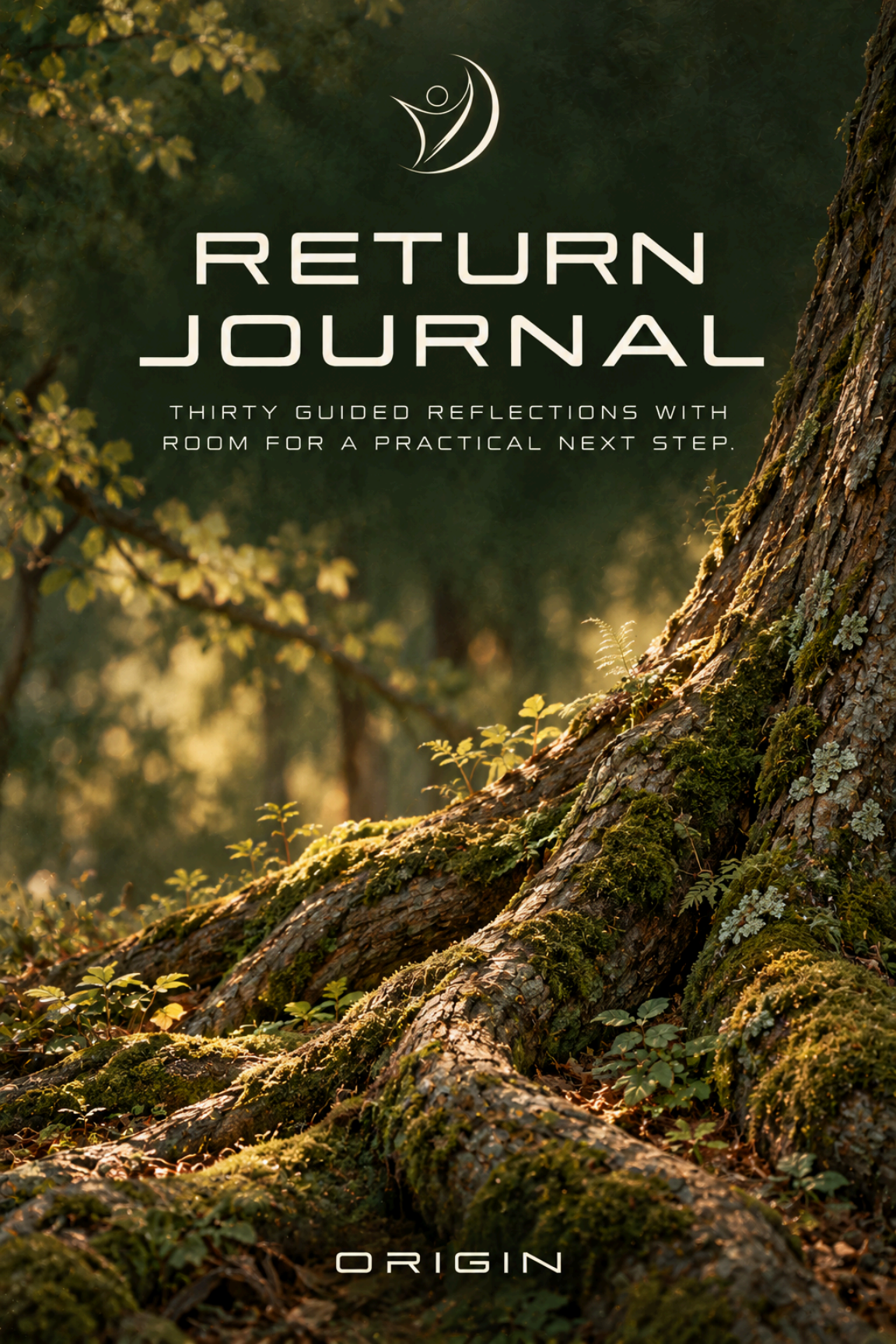
RETURN
JOURNAL
THIRTY GUIDED REFLECTIONS WITH
ROOM FOR A PRACTICAL NEXT STEP.
ORIGIN

Write to see, then choose

Use one reflection whenever it is useful. These are not thirty deadlines. A short answer is enough. Separate what happened from what you inferred, then choose an action you can actually take.

From a verdict to an observation

Verdict: I never finish anything. Observation: I did not finish the report today because two meetings ran over. What matters: submitting a clear draft. Next step: reserve twenty minutes tomorrow and complete the introduction. Revisit: tomorrow afternoon.

Try separating an observation from a verdict

Attention

What keeps pulling at your attention?

What happened? What am I adding to the story?

What matters to me here?

Choose one thing that can wait until tomorrow.

One step and a time to revisit it