



Shit I Have To Do Today

*A highly sophisticated system for pretending
I have my life together.*

DATE _____

TODAY, I WANT TO FEEL _____

THE THREE THINGS THAT MATTER MOST

- 01 _____
- 02 _____
- 03 _____

A LITTLE STRUCTURE

- 7 AM _____
- 8 AM _____
- 9 AM _____
- 10 AM _____
- 11 AM _____
- 12 PM _____
- 1 PM _____
- 2 PM _____
- 3 PM _____
- 4 PM _____
- 5 PM _____
- EVENING _____

THE REST OF THE SHIT

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES, IDEAS & BEAUTIFUL NONSENSE

ONE KIND THING FOR MYSELF

Done is lovely. Human is enough.