

NOT TO DO.

nuffo

date _____

A to-do list says yes. This one says no, on purpose. Writing a no down is what makes it stick, and it frees the room your three things need.

NOT TODAY • GOOD THINGS, JUST NOT NOW



NOT THIS WEEK



NOT ANYMORE • LET GO FOR GOOD



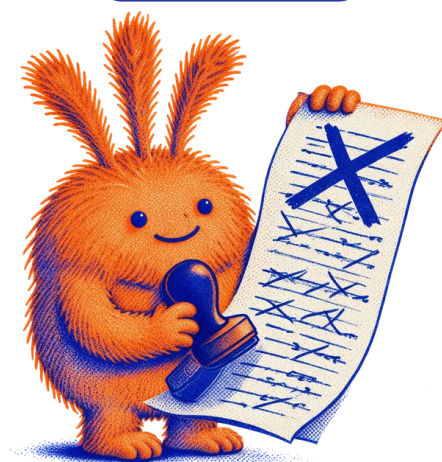
HABITS I'M QUIETLY DROPPING

TINGS, MEETINGS AND ASKS I CAN SAY NO TO

less, on purpose.

THE FRIDGE • BIG NEW IDEAS WAIT 7 DAYS. MOST FADE. THE REAL ONES STAY WARM.

_____	warm on ____
_____	warm on ____
_____	warm on ____



THREE THINGS IS ENOUGH.

no streaks, no guilt • nuffo.app