RESET DAY.

nuffo

date _____

twelve questions, about twenty minutes. answer in your own words.

1 • WHERE YOU ARE

No fixing yet. Just look.

1 what have you learned to put up with?
not the big stuff. the dull, everyday kind you stopped noticing.

2 what do you keep complaining about, but never change?
up to three. the ones your friends could say for you.

3 if someone only watched what you do (not what you say), what would they think you want?
be kind, be honest. both at once is allowed.

2 • TWO TUESDAYS

One ordinary day, two ways it could go.

4 five years from now, nothing changed. walk through an ordinary tuesday.
where you wake up, what fills the hours, how you feel at 10pm.

5 three years from now, it went your way. same tuesday.
not what's realistic. what you actually want.

6 what's the real reason it hasn't changed yet?
the honest one, not the reasonable one. nobody else reads this.

a good place for a break.

3 • WHAT'S NEXT

Small enough to start tomorrow.

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7 **in one line: the life you won't settle for.**

your first tuesday, squeezed into a sentence.

8 **in one line: the life you're building.**

your second tuesday. it can change later.

9 **finish it: i'm the kind of person who…**

who'd live that second tuesday without forcing it.

10 **a year from now, what one thing tells you it worked?**

11 **this month's boss: the one project that keeps that year possible.**

one. the rest can wait.

12 **tomorrow: two or three small things that person would just do.**

one per line. small enough to finish.

- [ ]
- [ ]
- [ ]



THREE THINGS IS ENOUGH.

keep it going at nuffo.app/tools/reset-day · go live a little.