

THREE THINGS.

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date _____

1

MAIN WIN • THE ONE THAT MAKES TODAY COUNT



2



3



LATER • WITH A DATE IF IT HAS ONE

WISHES • SOMEDAY, NOT TODAY

THE FRIDGE • NEW IDEAS COOL 7 DAYS

warm on ____

warm on ____

warm on ____

LET GO • THINGS YOU'VE DECIDED NOT TO DO (FEELS GREAT)

1 of 3. that's a start.

NOTES • TOMORROW'S FIRST THING



THREE DONE? GO LIVE.

no streaks, no guilt • nuffo.app

YOUR THREE.

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week of _____

Three projects at a time: a move, a business, a race. A fourth has to wait, or one of these steps out, on purpose, with a note.

1

NEXT STEPS

☐☐☐

2

NEXT STEPS

☐☐☐

3

NEXT STEPS

☐☐☐

SUNDAY • FINISHED THIS WEEK

PARKED • REASON + WHERE I LEFT OFF

THREE THINGS IS ENOUGH.

nuffo.app • the app does this for you