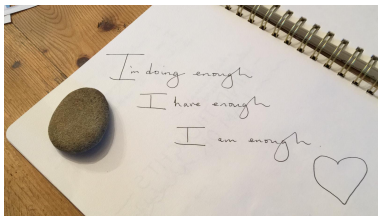
Feel good about doing enough

Conditions of 'enoughness'



Step 1

With tomorrow in mind, list what would please you if you got it all done using the guidelines for Step 2.

Step 2

- Include simple measurable facts.
- Keep things realistic and achievable (not aspirational).

Step 3 Add timings.

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Step 4

Double check - Are these points achievable on an average day?

Step 5

Yes. I have done enough for today.