

Date:

Using the list you generated in Activity #2, finish creating your own focus ritual. What else do you need to add to your list?

Now, decide what order you'll do all this in, and write it all down on this downloadable PDF. Then print it out, and post it by your computer.

At first you'll need this printout, but do your best to memorize the order of the tasks, so that you can do them habitually (rather than having to always use the list and self-discipline).

1.

2.

3.

4.

5.

6.