

DAY 2: CUT THE NOISE

Your problem isn't effort. It's overload.

Everything on my mind

Write down everything competing for your attention.

My top 3 priorities

Circle the three things that matter most right now.

- 1.
- 2.
- 3.

What can wait?

What doesn't actually need your attention right now?

Today's Takeaways:

Not everything deserves your energy.

Today's Action

Focus on your top 3. Ignore the rest.