

What is one thing you want to accomplish today?

Why do you want to do it?

How would you feel if you have completed this task?

A Sense of Urgency is needed to explore possibilities of Life.
Sadhguru

What is one more thing you want to accomplish today?

Why do you want to do it?

How would you feel if you have completed this task?

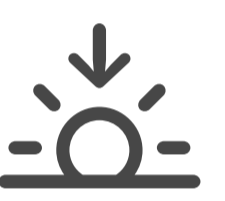
DATE _____

DAY _____

Personal
1.
2.
3.

Professional
1.
2.
3.

Used my phone after completing at least one task from above!



How would it make you feel if you accomplished everything on the list?

How would this feeling affect your life?
