HEADS OR TAILS
Feelin' lucky, punk?

What it is:

- A game of 50/50 chance that helps decide whether or not you do stuff today

Works best for:

- **Things that:**
  - You've been avoiding
  - Don't have a real deadline

You'll need:

- ☐ A coin (any size)

How it works:

1. **Write down tasks** in the spaces provided
2. **Flip a coin** for each task
3. **Mark** the results (heads or tails)
4. **Circle tasks** that came up heads
   (You have to do these tasks today!)
5. **Cross out tasks** that came up tails
   (Go ahead and keep procrastinating!)

Why it helps:

- Intermittent reward *(There's a 50% chance that you may not have to do a task today)*
- Helps with task initiation
- Reduces decision paralysis
- Some progress is better than no progress

Tips:

- Try reusing any tasks that came up "tails" in future games!

TASK	HEADS (Do today)	TAILS (Not today)
(Work on cover art)	●	○
~~Answer + archive 10 emails~~	○	●
~~Open up new business checking account~~	○	●
(Put away laundry)	●	○

TASK	HEADS (Do today)	TAILS (Not today)
	○	○
	○	○
	○	○
	○	○

TASK	HEADS (Do today)	TAILS (Not today)
	○	○
	○	○
	○	○
	○	○

TASK	HEADS (Do today)	TAILS (Not today)
	○	○
	○	○
	○	○
	○	○

TASK	HEADS (Do today)	TAILS (Not today)
	○	○
	○	○
	○	○
	○	○

TASK	HEADS *(Do today)*	TAILS *(Not today)*
	○	○
	○	○
	○	○
	○	○

TASK	HEADS *(Do today)*	TAILS *(Not today)*
	○	○
	○	○
	○	○
	○	○

TASK	HEADS *(Do today)*	TAILS *(Not today)*
	○	○
	○	○
	○	○
	○	○

TASK	HEADS *(Do today)*	TAILS *(Not today)*
	○	○
	○	○
	○	○
	○	○