

WEEKLY TO-DO LIST

Things to-do this week to <u>Survive</u>	How long?	When to-do?
Things to do to be <u>Productive</u>		
Things to do to <u>Thrive</u> (Creative, Social, Learning, Incubated Project)		

Things to <u>Stop</u> doing (irrational and anti life-sustaining values)	Things to value instead