

EVOLUTIONARY 'STEPS' WEEKLY TO-DO LIST

Must do (When) /Should do / Could do	Categorised Hierarchy for Action Items
Survive	What do you need to do to survive the week?
Productive	What can you do this week to be productive?
Evolve	More resilient, adaptive to change, learning. Simplify, systematise, reduce frustration and anxiety.
Thrive	Pursuit of happiness. Incrementally make your life more valuable to you. What would you miss dearly?
Stop	Doing things that don't help you survive, produce, evolve or thrive.
Sacrifice	Expensive habits, hedonic adaptation, addictive games.
Shift Attention	To things you have more control over and carry less risk or unintended consequences