

EVOLUTIONARY 'STEPS' WEEKLY TO-DO LIST

Categorised Hierarchy for Action Items	Must do (when) / Should do / Could do
<b>Survive</b> (what do you need to do to survive the week)	
<b>Productive</b> (what can you do this week to be productive)	
<b>Evolve</b> (More resilient, adaptive to surprises, learning. Simplify, minimise, systematise and reduce frustration and anxiety)	
<b>Thrive</b> (pursuit of happiness, incrementally make your life more valuable to you, what would you miss dearly?)	

Things to Cease Doing or RePrioritise

**Sacrifice** (things like expensive habits, hedonic adaptation, addictive games)

**Shift Attention** (to things we have more control over and carry less risk or unintended consequences)