

EVOLUTIONARY 'STEPS' WEEKLY TO-DO LIST

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