

Daily Top 3 Priorities Page

The anti-overwhelm page: three things that matter, everything else underneath.

DATE

ENERGY TODAY (1-10)

The three that actually matter

1	WHAT DONE WHEN
2	WHAT DONE WHEN
3	WHAT DONE WHEN

If those are done — the rest

☐		☐	
☐		☐	
☐		☐	
☐		☐	

Not today

Anything you deliberately pushed to another day. Writing it here stops it circling back every hour.

BIGGEST DISTRACTION TODAY	TOMORROW'S NUMBER ONE
---	---