

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