

SCARY HOUR

give yourself 1 hour to do all the scary tasks at once

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- _respond to that email
- _hit up the post office
- _fold ur fcking laundry

(put on spooky music and just bust it out)



RESOURCING

think of the last time you were truly peaceful. was it a warm breeze through a window? the sun on your face? now that you can hold onto that feeling, you can call it back anytime. that's resourcing.



STARE into



the void

Little



you'll feel soooooo much better if you can (kindly) get it off your chest.

my guess

nope.

avoiding...

nah.

chances are there is a "no" that you've been

no.

THE NO!

i just do it now! you (almost always) have at least five minutes



if a task will take less than five minutes

TAKE FIVE

same space with a buddy can improve your productivity, focus and motivation. they don't even need to be doing the same task, just their presence can provide support (or go to a cafe)



a body double: is asking a friend to be in the same room with you while you get something done — working in the same space with a buddy can improve your productivity, focus and motivation.



BODY DOUBLING

made by @shutupbiz

offering



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