

ACTION TEMPLATE

Today's Three · Card

Fill it in. One a day is the entire system. Two cards per sheet — cut along the middle.

Today, Only Three

Date ____ / ____ · Day ____

MY THREE THINGS

① The hard thing — most important, do first

② Support

③ Support

BEDTIME · TWO-MINUTE REVIEW

☐ Did I do today's three?

☐ What helped me, what blocked me?

☐ Write tomorrow's three on the next card.

Today, Only Three

Date ____ / ____ · Day ____

MY THREE THINGS

① The hard thing — most important, do first

② Support

③ Support

BEDTIME · TWO-MINUTE REVIEW

☐ Did I do today's three?

☐ What helped me, what blocked me?

☐ Write tomorrow's three on the next card.

Tip: bundle small scraps (replies, expense reports...) into one "support" slot handled together — don't let them take a spot of their own.