The Tiny Triage

For when everything feels equally urgent.

Sort what’s on your mind. One item per box is enough.

01

Do today

What actually needs my attention today?

02

Do later

What can wait? Give it a day or a time.

03

Drop entirely

What can I take off the list for good?

ONE FIRST MOVE

What’s the smallest step I’ll take on my “today” item?

LITTLE TREAT RECEIPT

After that first step, my little treat is:



THE PLOT CAN WAIT.