Focus Triangle

Instructions

1. List items that you need to do in the **INTEND** section. Use the back for more.
2. Review the INTEND list and write 1 to 3 that you commit to do today in the **COMMIT** section.
3. Review the INTEND list and write up to 6 items you will ATTEMPT to do today.
4. All other items stay on your INTEND list to be reviewed tomorrow or in the near future.

COMMIT

ATTEMPT

INTEND

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MORE INTEND ITEMS