

Day 1 — Get It Done Challenge

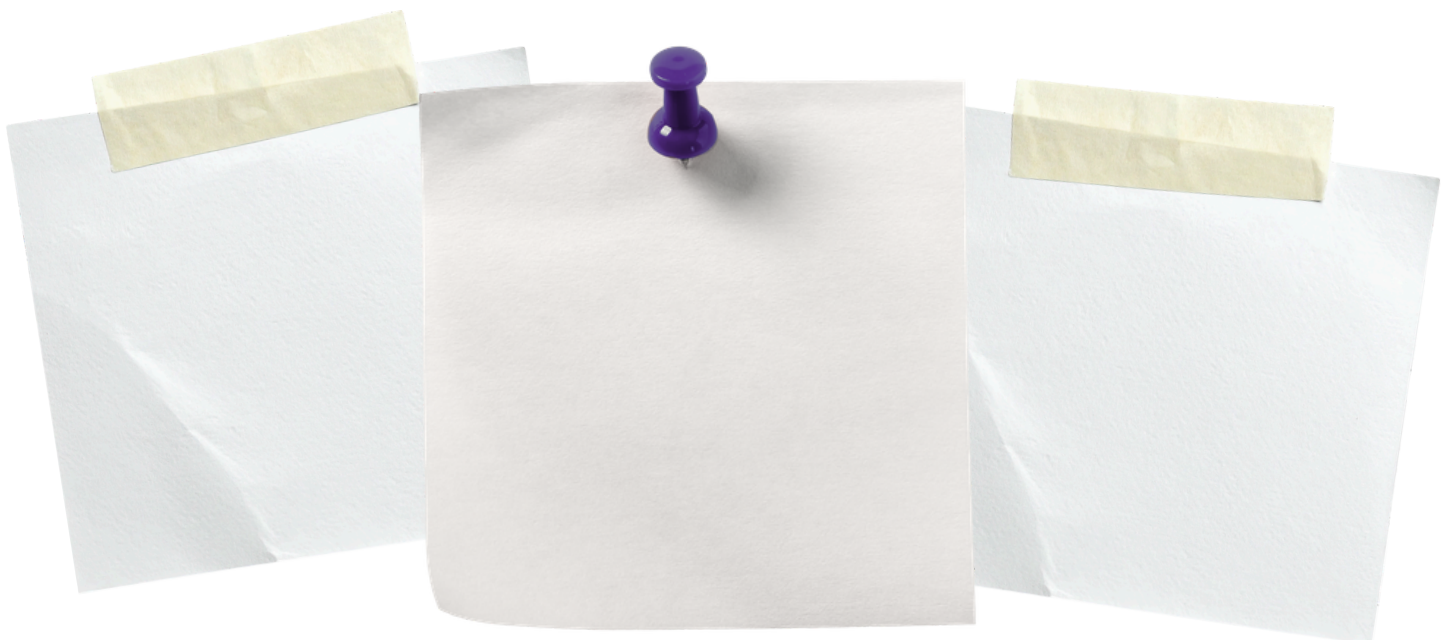
1 What do you hate doing but feel like you have to?

List everything. Don't filter. Next to each one, note why you feel like you have to. Whose expectation is it really?

| WHAT I HATE DOING BUT FEEL LIKE I HAVE TO | WHY I FEEL LIKE I HAVE TO |
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2 What do you resent doing because you get no help or credit for it?

You don't mind doing these things, but you're not sure why it's always on your plate.



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3 What do you genuinely enjoy doing?

These things might feel easy, you lose yourself in the flow, or you look forward to doing them?



4 What do you wish you had time for but don't?

If you're not sure, think back: what did you love as a kid? What have you said 'someday' about for years?!

