

The 7 Minute Life To-Do List

S M T W Th F S _____
○ ○ ○ ○ ○ ○ ○ _____
date



Priority	To-Do	How Long?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____
_____	_____	_____
_____	_____	_____

What I will do... 5 before 11®

1. _____ ○
2. _____ ○
3. _____ ○
4. _____ ○
5. _____ ○

Notes

Did I do what I said I would do today? Yes No

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