

Where am I starting from?

One page. Fill in the three lines tonight. Then do nothing else about it until tomorrow's cue fires.

From the Sunday post "Why can't I count on myself?" seasonalfriend.com / Yogic Productivity

1. One line per movement

Under ten words each. More than that is a project, not a practice.

Clean up

Wake up

Grow up

2. Each line gets a cue

External and recurring. "When I have time" never fires.

When ... ,

When ... ,

When ... ,

3. The column, every night

Tick: done. Cross: had the chance, didn't. Dash: no chance (travel, illness).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Clean up							
Wake up							
Grow up							

4. The restart rule

A cross is followed by the same line tomorrow. No new plan, no smaller plan, no stern talk.

The same line. Even-mindedness towards the one who missed (Yoga Sutra 1.33),
then the next thing, done properly.

"Let a man lift himself by his own Self alone; let him not lower himself." Bhagavad Gita 6.5