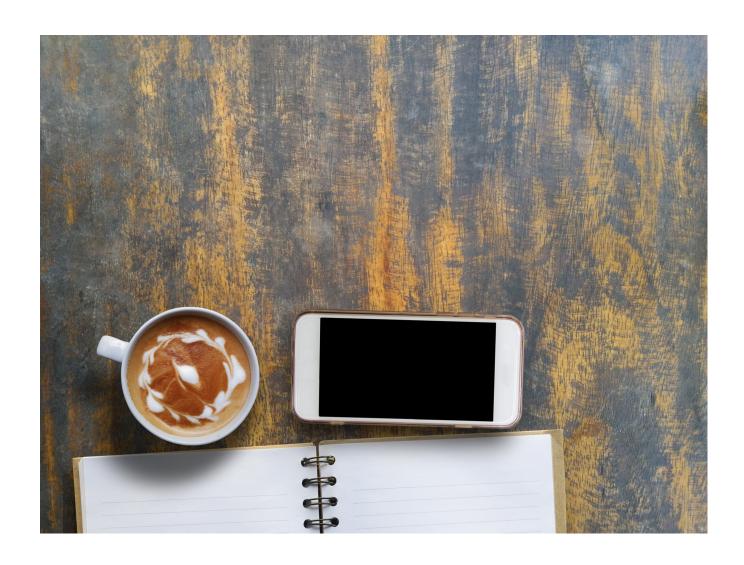


Step 1: Set a 2-Minute Timer

Literally.

Use your phone. No distractions, no multi-tasking.



Step 2: Brain Dump the "Big 3."

In those 2 minutes, quickly jot down:

- 1 thing that's *most urgent*
- 1 thing that's *most important*
- thing that's draining your energy

Don't overthink it. Write whatever pops into your head.

Step 3: Circle ONE

Look at your list and <u>circle the one thing</u> that would give you the biggest relief or forward momentum today.



Step 4: Take action 🚀

Take one tiny step toward it - just one.

(Example: If it's "my messy calendar," the action might be blocking 15 minutes for yourself.)

If you liked this tiny shift, you'll love the free series I've put together.

It's packed with simple, powerful moves you can use to change your days without changing your whole life. Want in?

Tap here to join — it's free!

Bronwen Sciortino

@bronwensciortino_author