

chores strategy

Let's get them off your list!

1. List all the tasks that feel like a chore, or that pile up, or you forget to do.
2. List why each one is difficult (boring, missing a tool, confusing)
3. Wait a day.
4. Choose a strategy to get them done or off your list.
5. Repeat this anytime you're feeling behind or bummed. So you can feel better!

Done!	The CHORE	Why it's hard	Outsource	Get a Buddy	Pair w/Fun Or Reward	Pick a Day*	Get tool/ more info	Stop Doing
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*Pick a regular day of the week or month. Or write onto the calendar right now when you'll work on it.