



BODYMIND THERAPY

EXERCISE

Your Mind Can Not Escape Quad

STEP 1: Write down your daily tasks and select the 3 most important ones. Then indicate how much time you will spend on each task.

All daily tasks		
1.	4.	7.
2.	5.	8.
3.	6.	9.

Most important tasks	Time per Task
1.	
2.	
3.	

STEP 2: Write down your 3 main tasks and track your progress before jumping to the next task. Choose one of the options under "Boredom Only" and write down the time you'll spend on it.

Task 1:

10% 100%

Task 2:

10% 100%

Task 3:

10% 100%

Getting your 💩 done!

Boredom Only	Time per Activity
Power Nap	
Meditation / Breathwork	
Yoga / Stretching	
Tai Chi / Chi Gong	