

List · Mirror · Stop

Worksheet · The worst plan

LudensFlow

WHAT YOU'RE TRAINING NOW

Plan first, then check

You say first how you're going to do it, then check whether it went that way. If you know your own approach, you can improve it.

The task or the goal

List

How do you ruin it for sure? Everything that works to fail. The meaner, the better.

Mirror

Which of that do I already do, a little? Honestly.

Stop

What do I do differently from now on? One thing per line, so you can do it tomorrow.

My plan in one sentence