

The Monday sheet

One page for the week restarting. What to do before ten o'clock.

Produces

A Monday morning that is already decided before you wake up.

Time

Five minutes on Sunday night

Asks of you

Nothing. This sheet is yours. It never comes back to us.

A man for whom the weekend was bearable and Monday is not. Fill in the top half on Sunday night. Use the bottom half on Monday. *If a Monday goes badly, that is one Monday. The sheet works again next week.*

Sunday night

The one thing Monday has to contain

The one thing I am not doing on Monday, on purpose

Who I will send one message to

Before ten o'clock

- ☐ Get out of the room you slept in.
 - ☐ Water, then something to eat. Small counts.
 - ☐ Ten minutes outside. Any weather.
 - ☐ Do the one thing from last night before you open anything else.
 - ☐ Send the message. It can be one word.
 - ☐ Cross something off this sheet.
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If Monday goes badly

On Tuesday morning I will
