

# REDUCING DAILY



YOU DON'T HAVE TO HAVE ALL THE OPTIONS ALL THE TIME.

*As you use this worksheet, you'll reduce some of your daily decisions so that you can reserve decision energy for what matters most! Choose a few decisions to try for the next two weeks.*

EAT THE SAME THING DAILY  
(FOR BREAKFAST AND LUNCH)

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SET REMINDERS ON YOUR PHONE

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SCHEDULE YOUR ONLINE TIME

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WEAR THE SAME THINGS  
-CREATE A MINI-CAPSULE  
-PLAN OUTFITS AHEAD

S \_\_\_\_\_

M \_\_\_\_\_

T \_\_\_\_\_

W \_\_\_\_\_

TH \_\_\_\_\_

F \_\_\_\_\_

S \_\_\_\_\_

DON'T SWEAT YOUR TO-DO LIST

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