

# Two-List Method — Daily Focus Sheet

Date: \_\_\_\_\_

List everything you could do → Circle three that change your week → Start with one small step *Boosta.life*

## Everything I Could Do Today

<input type="checkbox"/>	_____
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## Focus Three (Circle 3)

①	
②	
③	

Tips: Be specific — use verb + outcome (e.g., “Draft 3 bullets”). Start tiny — two-minute action first.

Rule: Do your Focus Three before anything else. If stuck, shrink the step or switch your state.

<https://boosta.life>