**Daysheet Date: 4/11/18 -**

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| **MINDFocus**   * Create systems, even if it takes forever. * Welcome Demons * Relax Belly * Rewards vs Avoidances * Train Habits * Glorify the experience of the work. * Use breadcrumbs to remember where you are * Focus on SERVICE.   **BODYFocus**   * Water * Stretching * Sleep * Practice * Meditation * Running   **HOUSE Focus**   * Make Bed * Kitchen Clean   **COMPUTER Focus**   * Set up Email   **3-4 Hour Grid**  20 or 30 min per Box   |  |  | | --- | --- | | 30 | 30 | | 30 | 30 | | 30 | 30 | |  |  | | **Finishings**  **MUST DO in next 24 hrs:**   * ;lkj;lkjfdjfjfkjdklflkdjf * …   **To Support XYZ:**   * … * …   **To Support ABC:**   * … * …   **To Support LMNOP:**   * … * …   **To Support 123:**   * … * …   **To Support Home:**   * …   **To Support Body:**   * …     **To Support ME:**   * … * … | **Anxiety Provokers &**  **Reducers**   * Time-tracking * Systems * Knowing what I have to work with   **Anxiety Reducers**   * Email reduction * Answer Emails   **RX:**   * Meditation * Run * Work Steps w/Writing * Be mediocre   **Supports to support**   * Buddies * Hip Harp Academy * Harness Your Muse * Performances * YouTube   **Wild Ideas**   * Kid’s compilation   **Wish List**   * New Computer * Computer for Catharine * Update FM for TEAM   **Email**   * Categorize * Flag for answering * File * Answer   **Blog**   * Moderate * Share   **FB**   * Post * Respond at * DHC, HYMM & HHA |  | Daysheet (2) | | |  |
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| Email Cleanup | |  | |
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| **Distraction Busters**   * 10 Things * Make Bed * Dishes to Kitchen * Wash Dishes * Drink Glass of H20 * Practice * Clean Bathroom * Brush Teeth * Floss * Gargle w/Salt H20   CLEANING PRACTICE   * Binders Put Away * Desk Right * Desk Left * Large Things in Room * Stuff on the Floor | | | |

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| **Next Steps:**   1. **…** 2. **…** 3. **…** 4. **…** 5. **…** 6. **…** 7. **…** 8. **…**   **EMAILS**   * … * … * …   **WEBSITE**   * … * … * … * …   **MUSIC BIZ**   * … * …   **PRACTICE**   * ….   **PR**   * …   **GOLD STAR**   * … * … | **Remember**  ….  **Milestones**    **Venue List**    **Title & Idea List** |