

The Super To Do List!

| Task | What will I achieve by completing this task? | How does completing this task benefit me? | What will be the result of me failing to complete this task? |
|------------------------------|---|---|---|
| Example: Complete to do list | I will have a solid foundation by which to structure my day | It will provide me with motivation and drive to achieve something great | I will feel as though the day has been incredibly unproductive and wasted |
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