

Worry Sort

First dump it. Then sort what kind of attention it needs.

1 DUMP THE TABS

Write every worry first. Do not organize it yet.

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2 SORT THE ATTENTION

Move each worry to the closest fit. It can change later.

DO

I can take an action.

HELP

I need another person.

WAIT

I cannot know yet.

WHAT IF?

My brain is imagining a possibility.

MISSY SAYS

What actually needs my attention today?

