

Daily Focus

Three things, then everything else

FOCUS ONE

FOCUS TWO

FOCUS THREE

HOURS		NOTES & CAPTURE
7		
8		
9		
10		
11		
12		
1		
2		
3		
4		
5		
6		
7		
8		

Energy today

lowhigh

Focus today

scatteredsharp

DONE, AND WORTH NOTING