

# Six Lines

One page. One pen. The whole method.

## 2. Keep the list short.

Aim for five to seven things. The page stops at the seventh row.

| 1 What it is<br>Write it down. | 3 The next step<br>One action, small enough to start. | 4 When<br>The day and the time. | 5 What I need<br>The number, the link, the thing. |
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## 6. Plan for the week you miss.

There will be a week when you do none of this.  
When you come back, a clean page is ready for this week.  
**Coming back is the skill.**

Days I opened  
the page  
this week