

Problem: I can't finish my checklist 7/7. Some weeks yes and some no.

Question: How can I make sure to finish my daily checklist no matter what.

Considering all the other occupations I have, long hours of work, not that very fixed times, training, and other things that pop up daily?

Insights/Solution.

-Instead of trying to find time between my tasks to fit in checklist split into 30 min, 15, etc. I will create a schedule where all the daily checklist gets completed at once and not with parts throughout the day.

-Will be 2 full hours nonnegotiable.

-Phone goes on flight mode.

-Either I work at home if there is nobody, or go to a coffee shop. In my room, while someone else is in their room, it's a no. Have to happen at home only if there is NOONE AROUND.

-There will be a 2h schedule for each day which will change only in emergency cases and scheduled at the same moment.

-Monday 5:30-7:30

-Tuesday 5:30-7:30

-Wednesday 14:15-16:15

-Thursday 14:15-16:15

-Friday 8:30-10:30

-Saturday 8:30-10:30

-Sunday 8:30-10:30

Date of starting: Today/now

-All the other new lessons/challenges move when I get a bunch of time/weekend.