



# Change Academy Lab Notes

**TOPIC:** How to list better

**EPISODE #44**

## **NOTES/TAKEAWAYS:**

## **EXPERIMENT:**

1. Listing the tasks that you really want to get done this week.
2. Next, add the fun activities you have planned (or would like to plan) to the list.
3. Now, choose three new behaviors that you would like to adopt and add those to your list.
4. If the list seems too long or feels like a bummer, move items around, change the wording or remove items that lack meaning until you have a list that feels doable and energizing.

## **OBSERVATIONS:**

## **FURTHER EXPERIMENTS:**