



Productivity

BOOTCAMP

Get Things Done!

Instructor: Tehreem Ranjha

Recreating Patterns

Trigger: _____ (*for example: Overwhelmed*)

Old Pattern: (*Write down exact steps you follow when overwhelmed*)

Why you follow this pattern: (*the benefits your mind has attached with this pattern*)

A new Pattern: (*Alternate pattern that you should follow based on learnings from this module*)

Benefits of new Pattern:
