



1. Purpose	2. C- Item	3. Acceptable Reasons	4. C+ items instead
	a. Name of C- project, task, or responsibility	What justification or usual reason do I give (to others or myself) for why I am not doing it now?	C+ what are the activities I gravitate toward instead, feel compelled to do? Also what activities I tend to over do, that absorb too much of my time?
	b.		But also Counter Productive Behav- iors <i>Examples:</i> <ul style="list-style-type: none"> • <i>emails</i> • <i>certain projects</i> • <i>making bad with others</i>
	c.		
1d.	2d. 	3d.  <div style="border: 1px dashed black; border-radius: 10px; padding: 5px; width: fit-content; margin: 0 auto;"> Any themes or conclusions for that column </div>	4d. 