

THE SEVEN-DAY ROCK PILE RESET

One week. One rock a day. From Give a Fuck and Don't Suck by Pierce Kastleton.

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DAY 1 See the rocks

List every open loop. Do not solve. See.

What I did: _____

☐

DAY 2 Choose the rocks

Mark each item: do, decline, renegotiate, later.

What I did: _____

☐

DAY 3 Move one rock cleanly

Close one small loop all the way.

What I did: _____

☐

DAY 4 Stop carrying fake rocks

Say one clean no, or renegotiate one fake yes.

What I did: _____

☐

DAY 5 Move rocks efficiently

Make one repeated task ten percent smoother.

What I did: _____

☐

DAY 6 Sweep the gravel

Finish the last ten percent of something almost done.

What I did: _____

☐

DAY 7 Notice the ground

Write what got lighter because you cared on purpose.

What I did: _____

THE SEVEN WORDS

- See** what the task actually is.
- Choose** whether it is yours to do.
- Design** the least stupid way to do it.
- Do** the work to the standard required.
- Check** the hidden part before you call it done.
- Close** the loop so it leaves no ghost.
- Carry** what you learned into the next one.

If you miss a day, restart. Do not turn a missed day into a courtroom.

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Wallet cards. Print on card stock, cut on the gray lines.

SEE · CHOOSE · DESIGN · DO
CHECK · CLOSE · CARRY

If you choose to do it, give enough of a fuck not to suck on purpose.

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