UNNECESSARY TALK

Try to observe and resist your unnecessary talking. This is important daily - moment to moment - work.

Put a checkmark (✓) by the days you worked, and a cross (×) by the days you forgot.

WEEK YEAR

☐M ☐T ☐W ☐T ☐F ☐S ☐S

What is the small aim you use as a method of resistance?

Notes