



Better Than Yesterday Action Plan

Each day decide on One action to do that will be actioned and write it down as the number one activity to be achieved. Then any thing else you want to do that day is a bonus! List them and feel pleased when you complete them after your Better Than yesterday task number one has been done!

The power of one task per day, becomes 5 per week, 20 per month, 60 per quarter, 240 per year and everything else still gets done too!

The average person completes 2500 actions in a 10 hour working day .Control yourself do your Better Than Yesterday task then the rest will arrive and get done if time and you decide this is the best use of your time!

B T Y No 1