# My restart notes

**I'm stopping on time for:** _____

**When:** _____

The card's cue: you pause an unfinished task for the day

Beside one unfinished task, write when and where you will return and the first visible action.

**ONE BOX PER GO**

☓ I wrote the note and stopped.

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |

Got pulled back in? Leave it. Every box stays.

**If work genuinely can't wait, it can't. The note is for everything that can.**

**Ready for more? Add a habit, a multiplier or a Challenge.**
Sheet full? Print another.
habitsets.com/go/cd

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