3.1

WORKSHEET · CHAPTER 3

Anchor and swing

One routine at a time. Only one anchor. When it starts to bore you, change the swing and leave the anchor alone.

ROUTINE	ANCHOR: NEVER CHANGES	SWING: ALLOWED TO CHANGE

Anchor: shoes on as soon as I get home. Swing: any route, any music.

On a bad day: the anchor only. Shoes on, then off again, still counts.