4.4

WORKSHEET · CHAPTER 4

The first twenty minutes

For the door, or the car. Decided on a calm day, so you don't have to think after too much.

1. Cut the input first _____

2. No decisions for twenty minutes. ☐ The people at home know

3. Something simple for my body _____

4. One familiar thing _____

5. After twenty minutes: ☐ Down, carry on ☐ Not yet, twenty more

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On a bad day: it may turn into the whole evening. That's allowed.