

Urgency Dial

Chapter 4 • **example**

Finish line, block, visible clock, consequence.

Task

the pile of school forms that has been on the bench since

term started

Finish line (what “done for now” looks like)

every form is either signed and in a bag, or in the bin

Block (shorter than seems reasonable)

10 minutes

Visible clock

the oven timer, which I can see from the bench

Consequence (what happens when the block ends)

the school run leaves at 8.20; I start at 8.05 and

whatever isn't done goes in the bin

Notes

☐ **DONE FOR NOW**

Urgency Dial 1

Chapter 4

Finish line, block, visible clock, consequence.

Task

Finish line (what “done for now” looks like)

Block (shorter than seems reasonable)

Visible clock

Consequence (what happens when the block ends)

Notes

☐ **DONE FOR NOW**

Urgency Dial 2

Chapter 4

Finish line, block, visible clock, consequence.

Task

Finish line (what “done for now” looks like)

Block (shorter than seems reasonable)

Visible clock

Consequence (what happens when the block ends)

Notes

☐ **DONE FOR NOW**