

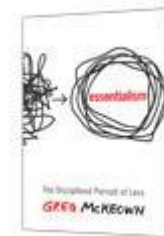
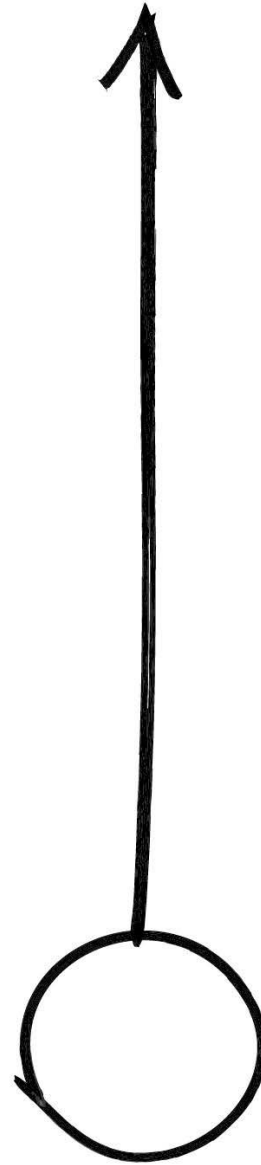
6

One obstacle in one minute

think of one essential thing you are having trouble starting.

ask yourself what is the one obstacle getting in the way of getting this done?

now, think of the next action you can take to begin eliminating it.



essentialism
The Disciplined Pursuit of Less
GREG MCKEOWN