

## The Clump Grid Exercise:

1. Write down the activities, projects and tasks that currently fill your days in the white box area that corresponds to the appropriate grid location. For example, tasks that take little effort and offer few rewards should be written in the lower left white box.

2. Using a different color pen or pencil, write tasks or projects that you would like to do but that don't currently fill your days. For example, if you have been thinking of training for a marathon or going back to school, put these tasks in the appropriate white box.

3. Do more of the stuff in the upper left box and less of the stuff in the lower right box.

