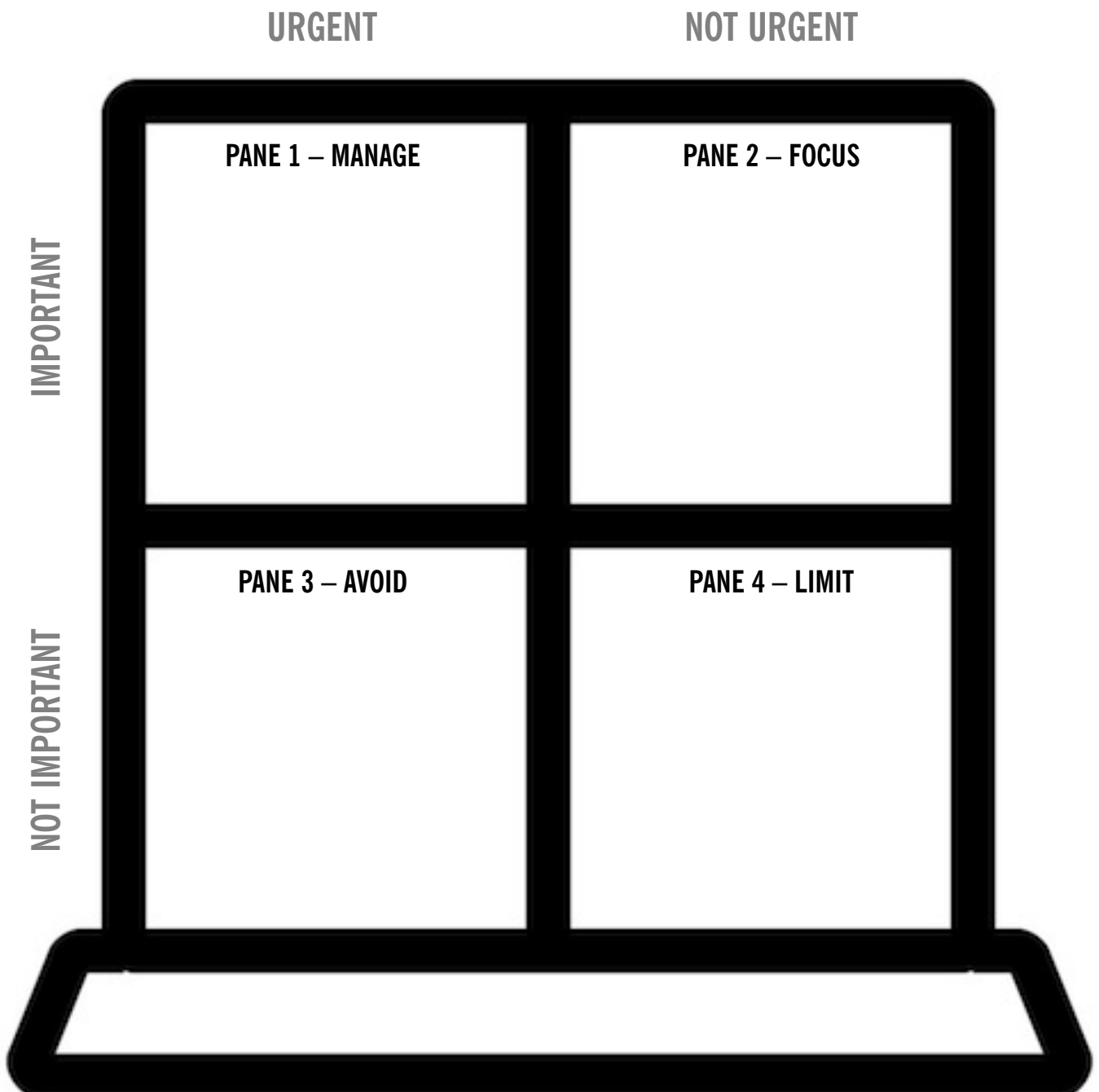


The Eisenhower Decision Matrix/Window (aka Pane Management)

How to use it

1. List your usual daily activities.
2. Place each of them in the relevant window pane.
3. Try to find ways to spend more time on activities in Pane 2, and less time on those in Panes 1, 3, and 4.



More details on the Moodnudes blog: moodnudes.com/pane-management