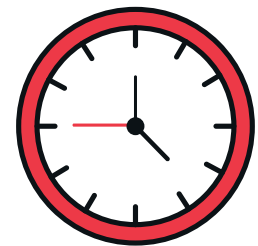


# HOW TO ...

## "10 MINUTE DAY"

- Declare a "10 Minute Day"
- Log in to Facebook group (optional)
- Set your timer to 10 (- 20) minutes
- First task:



Write down your tasks in bite-size chunks

- Report back to the group when done.
- Tackle your tasks step-by-step
  - Set timer (10-20 min).
  - Sprint.
  - Report back.
  - Drink a sip.
  - Repeat.

- *Celebrate*



<https://www.facebook.com/groups/the10minuteday/>