

The Attention Ledger

Three days of honest accounting. Fill it at 12:00 and 17:00 — don't fix anything yet, just collect the evidence.

DAY 1

WHAT I WAS DOING	WHAT PULLED ME OFF IT	WHO SENT THE PULL (SOMEONE / MY OWN HAND)

DAY 2

WHAT I WAS DOING	WHAT PULLED ME OFF IT	WHO SENT THE PULL

DAY 3

WHAT I WAS DOING	WHAT PULLED ME OFF IT	WHO SENT THE PULL

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After day 3: circle every pull that came from your own hand. Those are the ones chapter three re-
prices with friction — the external ones need a conversation, not willpower.