A Week with Fixed Points

> *"Lay hold of to-day's task, and you will not need to depend so much upon to-morrow's."*
>
> Seneca, Letters 1 (tr. Gummere)

Fill this in on a Sunday. For each day, note the time you are most likely to want a drink, one fixed point that is yours, a plan for the risky hour, and someone you could contact. Keep it somewhere you will see it.

DAY	MY RISKIEST TIME	ONE FIXED POINT	MY PLAN FOR THE RISKY HOUR	WHO I COULD CONTACT
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Looking back on Sunday: what helped most?

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