

# HEADS OR TAILS

Feelin' lucky, punk?



## What it is:

- A game of 50/50 chance that helps decide whether or not you do stuff today

## Works best for:

- Tasks you've been avoiding
- Tasks without a real deadline

## You'll need:

- A coin (*any size*)

## How it works:

1. **Write down tasks** in the spaces provided
2. **Flip a coin** for each task
3. **Mark the results** (*heads or tails*)
4. **Circle tasks** that came up heads  
(*You have to do these tasks today!*)
5. **Cross out tasks** that came up tails  
(*Go ahead and keep procrastinating!*)

## Why it helps:

- Intermittent reward (*50% chance that you may not have to do a task today*)
- Helps with task initiation
- Reduces decision paralysis
- Some progress is better than no progress

## Tips:

- Try re-using any tasks that came up "tails" in future games!

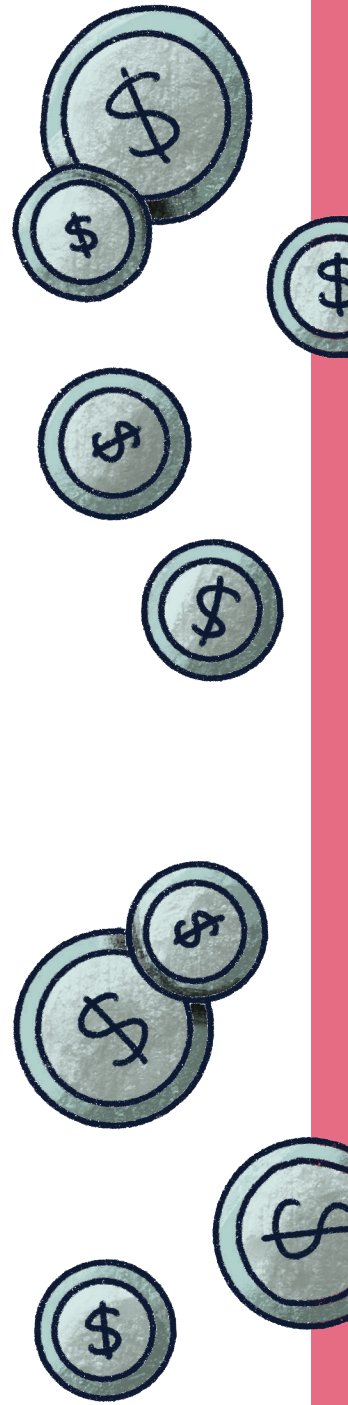
TASK	HEADS (Do today)	TAILS (Not today)
Work on cover art	<input checked="" type="radio"/>	<input type="radio"/>
<del>Answer + archive 10 emails</del>	<input type="radio"/>	<input checked="" type="radio"/>
<del>Open up new business checking account</del>	<input type="radio"/>	<input checked="" type="radio"/>
Put away laundry	<input checked="" type="radio"/>	<input type="radio"/>

TASK	HEADS <i>(Do today)</i>	TAILS <i>(Not today)</i>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
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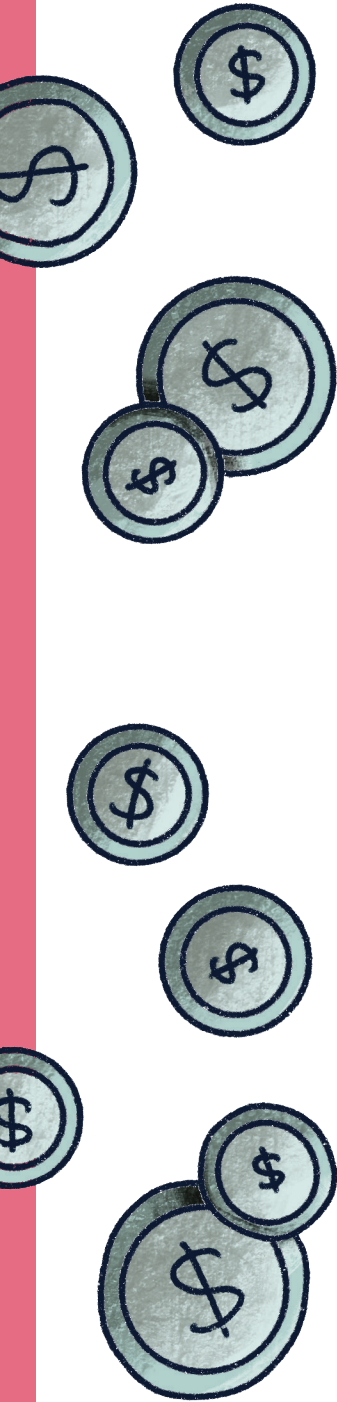
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# STUCK



TASK	HEADS <i>(Do today)</i>	TAILS <i>(Not today)</i>
	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>

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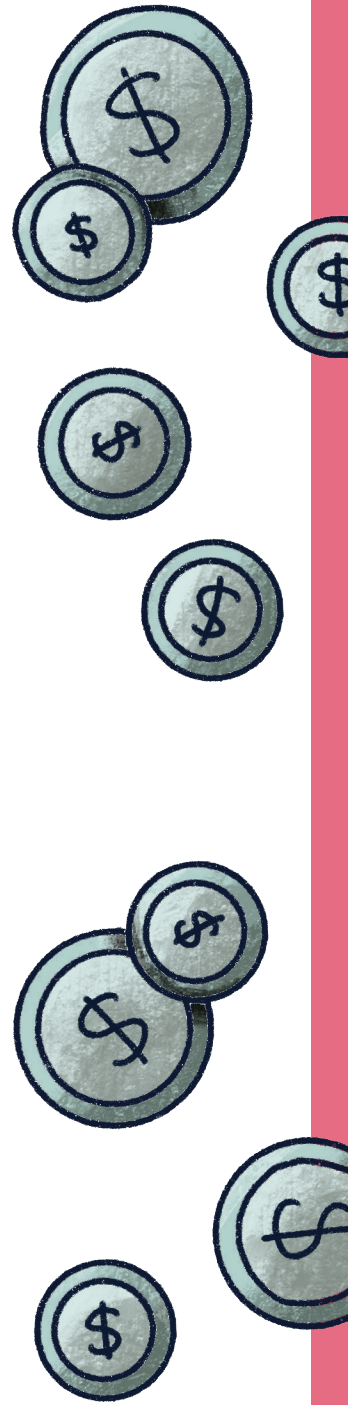
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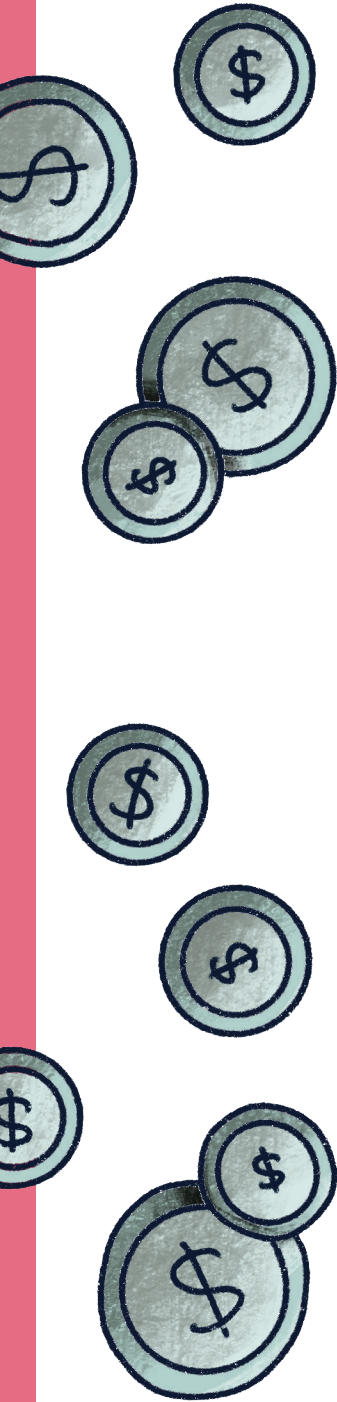
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