

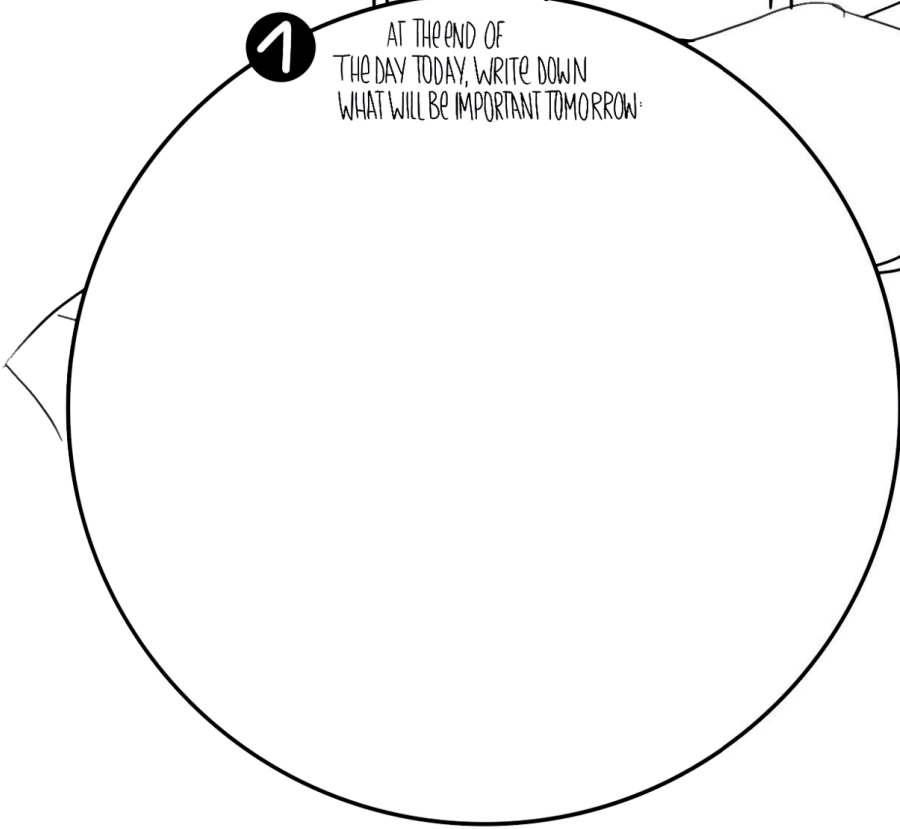
THE ZEIGARNIK EFFECT

THE WORKSHEET



1

AT THE END OF THE DAY TODAY, WRITE DOWN WHAT WILL BE IMPORTANT TOMORROW:



2

ANY OPEN LOOPS YOU NEED SOME RESOLUTION ON?

