THE 3-3-3 METHOD · DAILY PLANNER

My 3-3-3 Day

HARDER

3 hours on what matters most, 3 short tasks, 3 things that keep life running. That's a good day.

DATE

WHEN I'LL DO MY 3 HOURS

3 3 hours · my most important project

Project, and today's specific goal

1H 2H 3H

3 3 short tasks

Urgent to-dos, calls, the one I've been avoiding

1 DONE

2 DONE

3 DONE

3 3 maintenance activities

Movement, inbox, journaling, home, sleep...

1 DONE

2 DONE

3 DONE

HARD DAY? THE 1-1-1 FLOOR

1 hour on the project, 1 short task, 1 maintenance activity. It counts as a full day.

ONE SENTENCE ABOUT TODAY

Not a tightrope walk. A day with room to breathe.

harder.pro/blog/3-3-3-rule-productivity

30 Days of 3-3-3

HARDER

Colour 3-3-3 or 1-1-1 each day. Both count. Write the project you moved forward.

1 PROJECT ○ 3-3-3 ○ 1-1-1	**2** PROJECT ○ 3-3-3 ○ 1-1-1	**3** PROJECT ○ 3-3-3 ○ 1-1-1	**4** PROJECT ○ 3-3-3 ○ 1-1-1	**5** PROJECT ○ 3-3-3 ○ 1-1-1	**6** PROJECT ○ 3-3-3 ○ 1-1-1
7 PROJECT ○ 3-3-3 ○ 1-1-1	**8** PROJECT ○ 3-3-3 ○ 1-1-1	**9** PROJECT ○ 3-3-3 ○ 1-1-1	**10** PROJECT ○ 3-3-3 ○ 1-1-1	**11** PROJECT ○ 3-3-3 ○ 1-1-1	**12** PROJECT ○ 3-3-3 ○ 1-1-1
13 PROJECT ○ 3-3-3 ○ 1-1-1	**14** PROJECT ○ 3-3-3 ○ 1-1-1	**15** PROJECT ○ 3-3-3 ○ 1-1-1	**16** PROJECT ○ 3-3-3 ○ 1-1-1	**17** PROJECT ○ 3-3-3 ○ 1-1-1	**18** PROJECT ○ 3-3-3 ○ 1-1-1
19 PROJECT ○ 3-3-3 ○ 1-1-1	**20** PROJECT ○ 3-3-3 ○ 1-1-1	**21** PROJECT ○ 3-3-3 ○ 1-1-1	**22** PROJECT ○ 3-3-3 ○ 1-1-1	**23** PROJECT ○ 3-3-3 ○ 1-1-1	**24** PROJECT ○ 3-3-3 ○ 1-1-1
25 PROJECT ○ 3-3-3 ○ 1-1-1	**26** PROJECT ○ 3-3-3 ○ 1-1-1	**27** PROJECT ○ 3-3-3 ○ 1-1-1	**28** PROJECT ○ 3-3-3 ○ 1-1-1	**29** PROJECT ○ 3-3-3 ○ 1-1-1	**30** PROJECT ○ 3-3-3 ○ 1-1-1

HOURS ON MY MAIN PROJECT

WHAT MOVED FORWARD

WHAT I'LL KEEP, CHANGE OR DROP

The 3-3-3 method was described by Oliver Burkeman. This printable is an independent version.