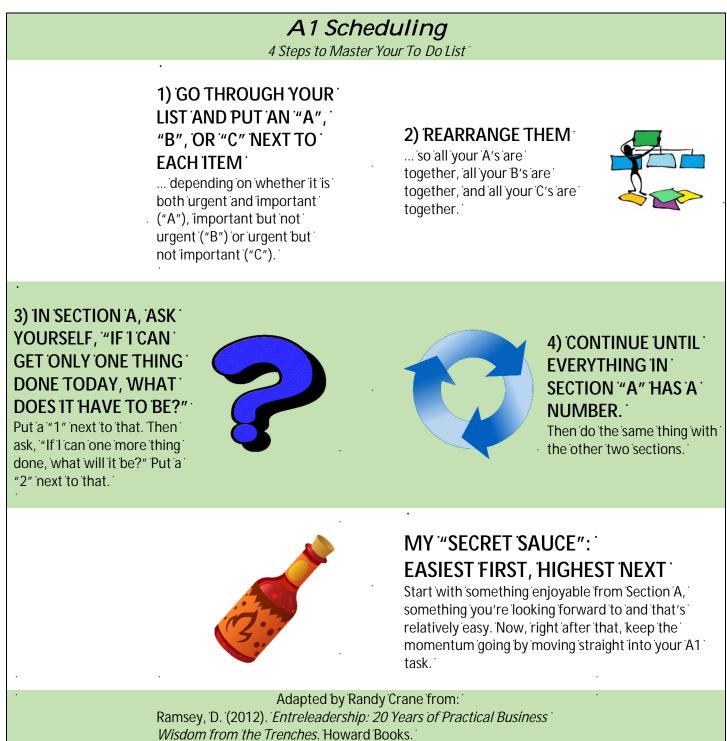
Mastering Your To Do List

Randy Crane, Once Upon YOUR Time

- ∉ 50% admitted to writing down tasks they have already done, then triumphantly crossing them off.¹
- ∉ 96% said their lives are better with to do lists.¹
- ∉ 41% of to do list items are never completed.²



¹ Cagen, S. (2007). *To do list: From buying milk to finding a soul mate, what our lists reveal about us.* New York: Simon & Schuster.² Choi, J., & Chen, W. (2014). *The Busy Person's Guide to the Done List.* IDoneThis.