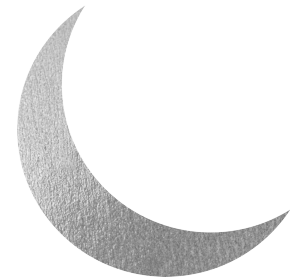


Recurring Irritants

Make a list of recurring irritants in your life. These are tasks that you do regularly that frustrate you, annoy you or you simply find boring. Ideally, pick tasks you do regularly – that's once a week or even daily.

HINT: To uncover more recurring irritants, ask a co-worker or family member what they observe you doing that you shouldn't, what is a poor use of your time and what gets you frustrated.



Irritant	Frequency (avg. number per week)	Level (1 to 10)	Ranking	Solution
e.g. Leaving laptop charger at home	1	9	1 x 9 = 9	e.g. Buy a second laptop charger for home