



GOOD. MOVES • FOR YOUR DESK

Parking sheet

Park your thoughts. Head outside. Come back fresh.



TICKET No maximum stay. Free parking, no clamping.

30 sec Jot down where you've got to and what comes next.

15 min Laptop shut, out you go. Your thoughts are parked safely.

Back Pick up your sheet and carry on where you left off.

In a study by Leroy and Glomb (2018), people who parked their task like this performed better on the task that followed. Their minds stayed less stuck on unfinished business.

P1

Number plate: project or task

Where have I got to?

What's the next step?

Parked at

P2

Number plate: project or task

Where have I got to?

What's the next step?

Parked at

P3

Number plate: project or task

Where have I got to?

What's the next step?

Parked at



One healthy habit a week, in 5 minutes

I'm Tanja Thielen, health strategist and author of the bestseller GOOD.21. Every week, The 5 GOOD. minutes brings you one habit you can use straight away, with the why behind it. Scan the code to sign up for free.

All 12 exercises with timer: your-good-life.com/goodmoves

