

THE ENCOURAGER

WITH REBEKAH SCOTT

Automation Worksheet

Automating tasks or activities improves productivity, improves habit skills and improves your sanity!

The 4 Systems

- Me
- Food
- Family
- Work

What have I automated so far?

Which system is weakest?

What can I pair, automate or decide on?

Decide it.
Record it.
Implement it.

We got this Encouragers!