(high)

Effort

Stop!	Plan!
Low Impact / High effort Advice ~ Take back the time!	High Impact / High Effort Advice ~ Break it into segments to avoid overwhelm
Discern!	**Do!**
Low Impact / Low Effort Advice ~ Can you spend your time better elsewhere?	High Impact / Low Effort Advice ~ A quick hit. Go for it!

(low) (high)

Impact