



NEWS STANDARDS LOG

Most of what you consume today will change nothing in your life. This log makes you prove it was worth your attention.

WHAT I CONSUMED TODAY

Write down everything – news, social feeds, newsletters, podcasts, videos.

News and content I consumed today:

How much time I spent on it:

HOW USEFUL WAS IT

Be honest. Most of it won't pass this test.

How much of it was actually useful or relevant to my life:

What changed in my life or decisions because of what I consumed:

MY STANDARD

Set the bar. Write it clearly. Hold yourself to it.

The standard I want to set for what information I let in:

One source or habit I am cutting starting now:

Growth lives on the other side of action.