



NAME..... DATE..... RATING OUT OF 10.....

**TITLE: HOW MUCH SPACE IS IN YOUR HARD DRIVE?**

**QUOTE: “I strongly believe that there are those who forget and those who write things down” Tom Tuke-Hastings**

## **OBJECTIVES FOR THE WEEK:**

It is note time. This week, your task is to take a notebook with you everywhere you go. It can be your phone, paper or audio, whatever works for you.

When you have an idea about anything, write it down. See how much you can get down in a week. On Friday, look at your list and see what is there. The chances are that there will be some good things that you have forgotten about. The aim of starting is to try and build up a habit, so keep it going.

## **RESULTS:**

