Task Paralysis Breaker & 5-Minute Starter Sheet for

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Task

Paralysis

Minute

Breaker

CHECKLIST

Date	Minute	Emerald	Workers	✓

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- [ ] Starter — step 1
- [ ] Paralysis — step 2
- [ ] Emerald — step 3
- [ ] Remote — step 4
- [ ] Minute — step 5
- [ ] Task — step 6
- [ ] Coral — step 7
- [ ] Adults — step 8
- [ ] Breaker — step 9
- [ ] Workers — step 10
- [ ] Starter — step 11
- [ ] Paralysis — step 12
- [ ] Emerald — step 13
- [ ] Remote — step 14

REFLECTION