



**THE 4-HOUR WORKWEEK**  
*by Timothy Ferriss*

*Interactive Worksheet*



## INTERACTIVE SHEET FOR NOTES

*Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:*

1. What's inside your not-to-do list? What you should eliminate?
2. What would happen if you did the opposite of what you're doing right now?
3. Explain your product/service in one sentence:
4. What's the worst that could happen if you did what you are considering?
5. What excites you?

*Don't forget to save your changes.*