



One Chore, One Attachment

Fridge notes for the chores you whine about most

Seeding Serendipity
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1. Pick one

The chore you complain about most often, not the worst one.

2. Name it

Write what it's attached to in five words or fewer.

3. Post it

Cut it out and put it where the chore happens.

4. Read it once

Then do the chore in whatever mood you're in.

Like **Dinner: the person I married.** or **Litter box: a cat who chose me.**

CUT ALONG THE DASHED LINES

THE CHORE

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