

MY NOT TO DO LIST

Things that distract me and waste my time

Things that stress me out and give me anxiety

Things that don't actually need to be done

Things I can't control or isn't my responsibility

Things that drain my energy

Things I feel obligated to do

MY TOP 3 NOT TO DO ANYMORE

1. _____
2. _____
3. _____

REASONS WHY NOT TO DO THESE ANYMORE
