

My Not-To-Do List

We all have To-Do lists. But when things are difficult - and when we're coping with extraordinary stressors - we need to prioritize. We need a Not-To-Do list.

Things that waste my time:



Things that are out of my control:



Things that someone else can do:



Things that drain me:



Things that cause me anxiety and stress:



Things that don't need to be done now:



My Top 3 Not-to-Do's:

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