Not-To-Do List

*“In order to do more of what you*’*re capable of, you have to do less of what you have been doing” Jon Acuff - Do Over*

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| Things That Distract Me and Waste My Time |  | Things That Stress Me Out and Create Anxiety |
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| Things That Drain My Energy |  | Things I Feel Obligated To Do |
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| Things That Don’t Actually Need To Be Done |  | Things I Can’t Control or Aren’t My Responsibility |
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My Top 5 Not-To-Dos

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