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*

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

My Top 5 Not-To-Dos

|  |
| --- |
| 1.
 |
| 1.
 |
| 1.
 |
| 1.
 |
| 1.
 |