

My Not-To-Do List

STUFF THAT DISTRACTS ME
AND WASTES MY TIME

STUFF THAT STRESSES ME OUT
AND GIVES ME ANXIETY

STUFF THAT DRAINS MY ENERGY

STUFF I FEEL OBLIGATED TO DO

STUFF THAT DOESN'T ACTUALLY
NEED TO BE DONE

STUFF I CAN'T CONTROL OR
ISN'T MY RESPONSIBILITY

My Top 5 Not-To-Dos
