

LISA LEWTAN COACHING'S

MY NOT-TO-DO LIST



Are you tired of living off of your never-ending to-do list?

Do you feel like you have failed because you didn't check enough boxes?

Do you add things to your list simply to know you can check them off?

If so, you will find tremendous joy in my **Not-To-Do List** on the next page. Use it daily to deprioritize time wasters, stressors, and other actions that have moved onto your list and don't want to move out!

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: