

# NOT TO-DO LIST

Our never-ending to-do lists can be so overwhelming that we feel paralyzed and overwhelmed. This worksheet will help you to declutter and organize the tasks in your mind.



When there's a lot to do, we forget to breathe and realize that some things can wait. Always remember to take it one step at a time.

# NOT TO-DO LIST

## EVERYTHING I HAVE ON MY PLATE

**ex.** House chores, kids' homework,

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## OTHER PEOPLE'S RESPONSIBILITIES

**ex.** Kids' homework

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## THINGS OUTSIDE OF MY CONTROL

**ex:** Car repair

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## THINGS THAT CAN BE LEFT UNDONE

**ex:** Gardening

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## THINGS I ABSOLUTELY NEED TO DO

**ex:** Grocery shopping and house chores

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To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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