

# My Not-To-Do List

STUFF THAT DISTRACTS ME  
AND WASTE 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-Do List

---

---

---

---

---