
YourTo-Don't List

What do you want to permanently cross off your to-do list? It feels so good!

Write down everything you're doing in life right now that you no longer want to do, regardless of whether or not it's feasible to let go of right now or the fear of letting someone down. Just be honest and let 'er rip. What do you want to stop doing?

For each item above, write your “to-don’t” plan (i.e. how you will stop doing it). It’s best to kick it off the list as soon as possible, and also honor your commitments. Some may take more time than others, just make a plan to get it off your plate. For example, if you want to stop attending a book club, make a plan to graciously thank the organizer and let the know that you will no longer attend. No reasons needed. Or, if you’ve already committed time to a volunteer organization, honor your commitment to finish and have a plan to let them know you won’t be able to commit going forward.

Cheers!

