

АКТИВНОСТ 7

Самооценување: Работите што треба да престанете да ги правите



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

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