

## My Not-To-Do List

We all have To-Do lists. But when things are difficult - and when we're coping with extraordinary stressors - we need to prioritize. We need a Not-To-Do list.

**Things that waste my time:**



**Things that are out of my control:**



**Things that someone else can do:**



**Things that drain me:**



**Things that cause me anxiety and stress:**



**Things that don't need to be done now:**



**My Top 3 Not-to-Do's:**

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