

♥ “I say “NO” to overwhelm!” ♥

BRAIN DUMP

1. What do I have to do?
2. Then, circle what I REALLY TRULY have to do
3. After that, prioritize and transfer to “My To-Do List” (next page)
4. Transfer the items that are not-for-me-to-do onto the Team and Ta-Da (Universe) lists

“i now make my life simpler and easier!”

My To-Do List (with dates)

I transferred these tasks on to my calendar. Done and done! ~ Woohoo!

Let's shake the energy! Name 5 things I am grateful for today:

“I now make my life simpler and easier!”

My Team's To-Do List (with dates)

I gave this list to my Team

They agreed on the deadlines

Let's shake the energy! Name 1 thing I truly appreciate today:

“I make today a glorious day!”

My ♪ Ta-Da ♪ List (a.k.a. The Universe’s List)

♪ Ta-da! ♪ I gave this list to the Universe It feels good to let go!

Let’s shake the energy! A few words of appreciation towards the Universe:
