

# The Not-To-Do List

EVERYTHING ON MY PLATE

OTHER PEOPLE'S RESPONSIBILITIES

STUFF THAT'S OUT OF MY CONTROL

STUFF THAT DRAINS ME

STUFF THAT DOESN'T NEED TO GET DONE

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# The Not-To-Do List

Thank you for downloading the Not-To-Do List from <http://sagegrayson.com>.

## Instructions

- Fill the first column with everything that's on your plate, anything that you're thinking about.
- Then try to organize as many things as possible into the not-to-do boxes. For instance, I stopped visiting websites that waste my time or make me feel bad about myself.
- Resolve to stop doing these tasks that don't add value to your life!



## Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

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