



Anjali R Westwood Coaching

The Not-To-Do List

Write down one or two tasks in each of the boxes below.
This can be done everyday or once a week with tasks spanning the whole week.
At the end of the day/week when you have successfully NOT done it, happily tick it away!

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You distract me!



”

“

You stress me out!



“

You drain my energy!



”

“

You are obligatory! I'm only doing this because I have to!



“

You don't need to be done today!



”

“

You are not my responsibility!

GOOD BYE!