

# NOT DOING LIST

*"Give yourself permission to stop doing things that drain your energy and steal time from your dreams*

*Use this printable worksheet to make a list of the tasks you will not do to conserve energy for the things that will propel your life forward. Use the prompts to list actions and time wasters that are of little to no value to your success, and make a promise to yourself not to do them anymore. Time sucks--be gone!*

<p>Tasks that need to be delegated, outsourced, or deleted from to-do's.</p>	<p>What distracts you from being productive?</p>	<p>List things you do for others that they should do for themselves.</p>
<p>List the things you want to say no to but think you can't.</p>	<p>Low value &amp; low priority tasks that need to be stopped.</p>	<p>Tasks, actions, and events that drain you.</p>
<p>Bad habits that you would like to eliminate.</p>	<p>Things that are out of your control that could get in the way.</p>	<p>Stuff that does not need to be done.</p>