Grace for Today

TO-DO LIST

TOP 3 PRIORITIES

"We don't have to keep pushing ourselves to the brink, ignoring our body's alarm bells and punishing ourselves with self-recrimination. We don't have to fear laziness. Laziness does not exist."

-Devon Price, Ph.D.

HOW TO RE-VAMP YOUR TO-DO LIST

- 1. Write down all the things you need to do in the 'to do list'
- 2. Star the urgent & important tasks.
- 3. Of those, pick 3 to do today and put them on the 'top 3 priorities
- 4. Fold (or write on a new piece of paper) so you only see the 3 tasks.