

# The Anti To-Do List

*Edit your life.*

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## **Step 1 - Brain Dump**

On a sheet of paper, write down...

- everything that you do in a day.
- everything you feel EXCITED to do.
- everything you feel like you SHOULD be doing but haven't.
- all those things that have been on your list FOREVER but you never get to them.
- all those great ideas people on the internet are doing and you think you should be doing too.

## **Step 2 - Quiet Your Mind**

Set a timer for 5 minutes. Close your eyes, sit quietly, and breathe letting everything you just wrote down go for a moment.

## **Step 3 - Edit**

Read your list. Which things feel important? Which things excite you? Cross off each item that doesn't feel like a 'heck yeah!'

## **Step 4 - Focus on what's left**

- These are your priorities. This is your new To-Do list.
- The 'heck yeahs!' and the things that feel important to your life. Let go of the rest.
- Maybe some of those things you crossed off will become important again in the future, but give yourself and your mind a break by letting them go for now.