

Not To Do List

1.

2.

3.

4.

5.

NOTE: This is NOT an opportunity to add more self-judgment and shame to your day! This is an opportunity to identify what energy-draining patterns you can shift. Don't add items to this list that you can't possibly live up to and then feel even worse about later, and don't add so many that you're overwhelmed. One or two is fine!

Be gentle with yourself.