

CHOICES CHOICES CHOICES

WE HAVE SO MANY TASKS, COMMITMENTS AND THINGS TO DO IN OUR LIFE. BUT WHAT DO WE DO IF WE THINK WE'RE DOING TOO MUCH AND NEED TO START DOING LESS? HOW DO WE KNOW WHICH THINGS TO STOP AND WHICH TO KEEP DOING?

List below, all the tasks, commitments and things on your to-do list. ie work, chores, children's activities, committees, sport etc

Rate each "to-do" item out of 10 in regard to how important it is in your life.

1 = least important
10 = most important

Choose your top 5 most important and have a conversation with your loved ones about the changes that need to be made and why