

The Not-To-Do List

EVERYTHING ON MY PLATE

OTHER PEOPLE'S RESPONSIBILITIES

STUFF THAT'S OUT OF MY CONTROL

STUFF THAT DRAINS ME

STUFF THAT DOESN'T NEED TO GET DONE

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LIFE EDITOR

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The Not-To-Do List

Thank you for downloading the Not-To-Do List from Sage Grayson Coaching at <http://sagegrayson.com>.

Instructions

- Fill the first column with everything that's on your plate, anything that you're thinking about.
- Then try to organize as many things as possible into the not-to-do boxes. For instance, I stopped visiting websites that waste my time or make me feel bad about myself.
- Resolve to stop doing these tasks that don't add value to your life!

Who's Sage?



Hey there! I'm Sage Grayson.

I help ambitious career women edit their habits, routines, and mindsets to balance their happiness at work and home. **I'm a Life Editor...and so are you!** I live in the suburbs of San Francisco with my husband, Chris, and dog, Skyla.

Like this worksheet? Get more unstoppable motivation at <http://sagegrayson.com>.

Like me on Facebook at www.facebook.com/SageGraysonCoaching

FREE Life Editing Strategy Call

Curious about what life editing can do for you? Let's set up a free 60-minute strategy call to talk about your current situation and see if we're a good match.

How It Works and What You Get

- A 60-minute one-on-one strategy call with me through Skype, Google Hangouts, or by phone. Your choice.
- Choose your most urgent problem or messy situation and come to the call prepared to make big changes.
- We'll work through the 5-step Life Editing Process for your issue.
- You'll come away with doable strategies to delete, add, and rearrange the parts of your life into a perfect flow.

Sign up at <http://sagegrayson.com/work-with-me/> or simply send an email to sage@sagegrayson.com.