

All the things I'm thinking about

Lined writing area for thoughts.

If I let go of some things, what would I do with that extra time & energy? How would this make me feel?

Lined writing area for reflection.

MY LET-IT-GO LIST

Things Out of My Control

Lined writing area for things out of control.

Things Other People Can Do

Lined writing area for things others can do.

Things That Drain My Energy

Lined writing area for things that drain energy.

Things that Really Don't Have to Get Done

Lined writing area for things that don't have to be done.

AS LONG AS YOU LIVE, KEEP LEARNING HOW TO LIVE...

SENECA