

# GET ORGANISED

## THINGS I CAN DO:

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Sometimes our head is clouded with a big mental to-do list and it's so overwhelming that we put off the whole list and procrastinate.

## TASK

Use this page to offload this list onto paper so you don't have to keep thinking about it. Identify which actions you can do and which you can't. Recognise that some things are out of your control or you simply can't do them right now.

## THINGS I CAN'T CONTROL OR CAN'T DO YET:

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→ COLOUR IN THE CIRCLES WHEN YOU'VE COMPLETED A TASK!