



MENTAL "TO DO" LIST

WHAT IS DRAINING YOUR BATTERY?

	Battery used	Control
What unfinished task are you dwelling on? _____ _____		<input type="checkbox"/>
What are you worried about? _____ _____		<input type="checkbox"/>
What have you been meaning to take care of? _____ _____		<input type="checkbox"/>
Are you concerned about something in the future? _____ _____		<input type="checkbox"/>
Has someone made you angry? _____ _____		<input type="checkbox"/>

*How much energy are you wasting on things you **CAN'T** control?*

PRIORITISE YOUR LIST AND **REASSIGN** THE ENERGY YOU ARE WASTING TO THINGS YOU **DO** HAVE CONTROL OVER!