

My “NOT to Do” List

I resolve NOT to ...

Forever (things I never, ever intend to do)

1. _____
2. _____
3. _____
4. _____
5. _____

For NOW (things I don't intend to do yet, but will some day)

1. _____
2. _____
3. _____
4. _____
5. _____

How to do a 'NOT To Do' List?

I suggest you follow the below guidelines, but feel free to do it how you want.

- 1)** Listing things you never intended to do in the first place can act as catalyst to get you going.
- 2)** Then, begin with things that you feel you *should* do, never do and then beat yourself up about not doing.
- 3)** List things you are doing now, but you are not sure why. You probably have lots of habits that have just developed over the years that no longer really have any reasonable function; you just do them because you have always done them. Not sure if it should be on the list? Put it on for a week and see if you miss it, if you last a week, leave it there for a month, if after a month you still haven't needed to do, or missed it, put it on forever.
- 4)** Your “not to do” list is not a place to shirk responsibility, or list things you need to do. Don't put “pay my credit card bills” on the list for example!
- 5)** Then of course, it frees up time and energy (and, often, money too) to do the things you actually want to do...

www.tortoiseknowsbest.com