FEELING OVERWHELMED?

BREAK IT DOWN...

WHAT I REALLY <u>WANT</u> TO DO THIS WEEK:

WHAT I <u>NEED</u> TO DO THIS WEEK:

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IF I GET TIME I'D <u>LIKE</u> TO (*WRITE HERE ANY EXTRA THINGS THAT ARE <u>NON-ESSENTIAL</u>)*

LIFE, LOVE & POSITIVITY