

# Stop Feeling Overwhelmed



Decide to take back you own power,  
choose the emotion you will feel



Write a list of the goals that **MUST**  
**HAPPEN** for the week



Make a list off what you would **LIKE** to  
achieve this week



Make a list off what you could do if you  
have time - instead of netfilx

Start with the must do's, then get to the like to do's and have  
no regrets if the could do's gets missed

Be realistic with the amount of time you have in a day and end  
the day feeling proud as you knock off each TO DO !!