

Tackle Your To-Dos

In the space below, make a list of the things you need to do. Then, circle the things that must get done. Is there someone who can help you? Are there ways to make any of your tasks easier?



THINGS TO DO



WHO CAN I ASK TO HELP WITH THIS?



ARE THERE WAYS TO MAKE THIS EASIER?

TIME FOR YOU

Review the list you just made. Does it include anything you enjoy? Focus on what you have to do today, but don't forget to spend time on what makes you happy. What is one thing you can do that will make you smile? Plan to do it this week.



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