

# My To-Do List

Time	Activity	Feeling

## Instructions

To get to this magical space requires a look at where you are spending your time. In the space above, I want you to write down your to-do list. Write down all the things you do in a typical day. Be detailed. Include your day-to-day chores like taking out the trash, washing dishes, and paying bills. Write down whatever it is that you do.

BREAKTHROUGH to *You*  
with Deepika Sandhu