

Name: _____ Date: _____

TO DELETE

PART 1 TIME MANAGEMENT

What are three things are you doing right now that you can DEMINISH?

What are three things that you can DELEGATE to someone else?

What are three things you can DELETE in your life? (Photos, Clothes, Files,)

DAY 1: Three things I deleted, delegated, or diminished

DAY 5: Three things I deleted

DAY 2: Three things I deleted, delegated, or diminished

DAY 6: Three things I deleted

DAY 3: Three things I deleted, delegated, or diminished

DAY 7: Three things I deleted

DAY 4: Three things I deleted, delegated, or diminished

DAY 8: Three things I deleted

What are some things you are noticing as you do these tasks?

BE BETTER