Everything Feels *Important*

WHAT'S ASKING FOR MY ATTENTION?

Everything on my mind, my list, or pulling at me.

WHAT ACTUALLY NEEDS ME TODAY?

The things that truly matter, require my attention now, or have a real consequence if they wait.

WHAT CAN WAIT?

Important, but not urgent. These can be done later without harm.



WHAT CAN I LET GO OF COMPLETELY?

Things that aren't mine to hold, aren't necessary, or no longer serve me.

IF I ONLY DO ONE THING, LET IT BE...

AFTER THAT, I CAN CHOOSE AGAIN.

Not everything that feels important needs you right now.