Simplify the Holidays: Learning to let go for less stress

TRACYALSTON
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Give yourself permission this holiday season to let some things go: Start each morning by writing down your priorities (have to-dos) your wish list (want to-dos) and the things you are going to let go of to reduce your stress.

Priority: These are the thing that we consider we "have to do"

Wish List: These are the things that we "want to do"

Letting Go: : This column is for the things that you have agreed to reduce or let go of to simplify your day

PRIORITY	WISH LIST	
Have To Do	Want To Do	Things I have agreed to reduce or let go from my lists

DATE ___ ___ ___