

# GLOW PROGRAM

IT'S TIME TO SHOW YOUR INNER GLOW

## My Not-To-Do List

Stuff that distracts me and wastes my time:

Stuff that stresses me out and gives me anxiety:

Stuff that drains my energy:

Stuff I feel obligated to do:

Stuff that doesn't actually need to be done:

Stuff I can't control or isn't my responsibility: