

Stop Doing List

Instead of Adding to Your To-Do List, What Can you Take Away?



DAILY ACTIVITY LIST



STOP DOING LIST

7:00 am
8:00 am
9:00 am
10:00 am
11:00 am
12:00 pm
1:00 pm
2:00 pm
3:00 pm
4:00 pm
5:00 pm
6:00 pm
7:00 pm
8:00 pm
9:00 pm
10:00 pm
11:00 pm
