

FREE PRINTABLE

When Everything Feels Like Too Much

A one-page reset for the hard days. Separate what's urgent from what can wait — and find the one next step forward.

WHAT ACTUALLY NEEDS MY ATTENTION TODAY?

WHAT CAN WAIT?

WHAT AM I WORRYING ABOUT THAT I CANNOT SOLVE TODAY?

WHO CAN HELP ME?

WHAT WOULD MAKE TODAY 10% EASIER?

One Thing I'm Going to Do Next:

You don't have to solve your whole life today. Just find the next step.
