

Not-to-do List

Please the article found at **torontoconcussion.ca > Education > Library > Decision-making Style** (<https://torontoconcussion.ca/terminology/decision-making-style/>) to learn more time management in helping you make decisions.

What are the things that...

1. distract you and waste your time?
2. stress you out and give you anxiety?
3. that drain your energy?
4. you believe you are obligated to do?
5. doesn't actually need to be done?
6. you can't control, or isn't your responsibility?

What are your top Five Not-to-Dos?

- 1.
- 2.
- 3.
- 4.
- 5.