

My
Permission Slip
to

Do Less = Experience More
Become obsessed with your life!

www.carmenohling.com

Start Here!



What Matters Most In My Life

What

Dig Deeper

Be Intentional

Looking at the *big picture!*

Don't worry about this section yet!

In order to achieve _____,
I will need to -

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Does it need to be done?

Does it need to be done now?

Does it need to be done by me?

Looking at the *big picture!*

In order to achieve _____,
I will need to -

- 21. _____
- 22. _____
- 23. _____
- 24. _____
- 25. _____
- 26. _____
- 27. _____
- 28. _____
- 29. _____
- 30. _____
- 31. _____
- 32. _____
- 33. _____
- 34. _____
- 35. _____
- 36. _____
- 37. _____
- 38. _____
- 39. _____
- 40. _____

Does it need to be done?	Does it need to be done now?	Does it need to be done by me?
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It's Time to prioritize!

Next, go back and prioritize the list by asking yourself these questions and checking the checkbox accordingly:

- Does it need to be done? (Yes/No)
- Does it need to be done right now? (Yes/No)
- Does it need to be done by me? (Yes/Delegate)

Creating your plan!

Next, break down the items in the list of needs to be done right now by me into 1 hour or less projects/tasks.

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Start Dreaming *big!*

Allowing yourself to dream without judgement or any limitation (money, time, knowledge, family, current commitments, etc.).

In the next 3 months, wouldn't it be cool if:

In the next year, wouldn't it be cool if:
