BALANCING YOUR TO DO LIST

TO DO lists being on our minds, I want to share something I started doing. I added sections on my “to do” list for things that are good for me as opposed to only the daily tasks at hand. We tend not to place the same importance on the things we do for our bodies, minds and souls as we do on things like *Bank, Market,Take Dogs To Vet*. But it’s just as important to write down and check off the things we do that keep us centered, peaceful and healthy. My list now looks something like this….
Work. Household, Family Time, Tracey Time, Body, Mind, Soul

As an exercise make up your own TO DO list, but add the specific things that help and improve your life in all ways. If we make them part of our TO DO’s – we will tend to do them with more consistency. They will then be our habits!