



URGENT!!!!

THINGS THAT NEED DOING

BEFORE 2025 ENDS

DONE	DO LATER	❖❖ THE THINGS ❖❖
✓		Give my self a permission to pause <u>WITHOUT</u> GUILT!
✓		Let my feelings out ❖❖
✓		Learn to set <u>healthy</u> boundaries ❖❖ SELF RESPECT ❖❖
	✓	<u>Overthink everything</u> 24/7

