



STOP

TRYING TO DO IT ALL

@hackingtheworkingmom

# ASK YOURSELF WHY

WHY DO YOU WANT TO DO "XYZ"

- 01 Perfectionist - It has to be just right
- 02 Distrust - No one else can do it as well as I do
- 03 Self worth - What is my value if I don't complete these?
- 04 Fame & Glory - I love the credit of a job well done
- 05 Responsibility - I have to ensure this is complete
- 06 Status Quo - this is how things have always been
- 07 Other's expectations - What will they think if I don't do this?
- 08 Fear of failure - What happens if I let something fail?

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# ***PRIORITIES***

SAYING YES TO ONE THING  
IS SAYING NO TO ANOTHER

You need to define your priorities.

These are different for everyone. Take a moment to write out what you believe your high level priorities are today. These are not tasks! They are overarching principles that are core to your foundation.

*Examples:*

*A healthy & consistent lifestyle.*

*My kid learning about healthy lifestyles.*

*My marriage being strong.*

*Growing financial wealth.*



## TIE IT INTO DAILY LIFE

Every decision within your day should be evaluated against your priorities.

As you stand in Target and eye that cute notebook that you know you can track all your goals in and will be life changing:

1. Does it align with my priorities?
2. By saying yes to this, am I saying no to something else?

*That notebook might be everything you need if you are prioritizing your health and it doesn't conflict with the other priority for your financial goals.*

*It might be something you need to pass on because saying yes to the \$10 journal conflicts with where you are financially.*





## PUT IT ALL TOGETHER

1. Understand why you want to do it all
2. Define what is most important to you with priorities
3. Challenge what you want to do and if it is within your priorities
4. Rinse and repeat daily

*PRACTICE MAKES PERFECT*

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# Worksheet

## ASK YOURSELF WHY PRINT & CIRCLE THOSE THAT APPLY

01 Perfectionist - It has to be just right

02 Distrust - No one else can do it as well as I do

03 Self worth - What is my value if I don't complete these?

04 Fame & Glory - I love the credit of a job well done

05 Responsibility - This is mine to ensure is right

06 Status Quo - this is how things have always been

07 Other's expectations - What will they think if I don't do this?

08 Fear of failure - What happens if I let something fail?

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**LIST YOUR PRIORITIES**

01

02

03

04

**DAILY TASKS THAT FALL  
INTO YOUR PRIORITIES**  
priority 01

- 01
- 02
- 03
- 04
- 05
- 06
- 07
- 08



**DAILY TASKS THAT FALL  
INTO YOUR PRIORITIES**  
priority 02

- 01
- 02
- 03
- 04
- 05
- 06
- 07
- 08

**DAILY TASKS THAT FALL  
INTO YOUR PRIORITIES**  
priority 03

- 01
- 02
- 03
- 04
- 05
- 06
- 07
- 08

**DAILY TASKS THAT FALL  
INTO YOUR PRIORITIES**  
priority 04

- 01
- 02
- 03
- 04
- 05
- 06
- 07
- 08