

TO DO LIST	HOW LONG WILL IT TAKE	"HAVE" TO DO IT: End of the World	"SHOULD" DO IT: No one is dying	"WANT" TO DO IT: No one cares	WHEN NEEDS TO BE COMPLETED BY	PRIORITY	PLAN B: What can be skipped?	WHEN CAN I DO SKIPPED ITEMS INSTEAD?
How much ANXIETY is this causing me? _____%	(Minutes)	(Check)	(Check)	(Check)	(Day/Date)	(Number 1 through...)	(Check)	(Day and/or Time)
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								

HOW ANXIOUS AM I NOW!?! ____%

HOW ANXIOUS WAS I BEFORE ? ____%

REFRAMED THOUGHT: