



JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						1 What Chores do you no longer want to do?
2 What family rituals do you no longer want to do?	3 What work related jobs do you no longer want to do	4 What children or family activities do you no long want to miss?	5 What are those things you love to do?	6 Create a preliminary list of things to do and things to not do	7 Enjoy your Friday and get to sleep early.	8 What things on your list are you required to do? Remove them from the list
9 Pick an item. If it still needs to be done, who will do it?	10 Pick a work item to stop. Train someone else to do it	11 Pick a family activity and figure out your schedule around it.	12 Pick a thing that you love to do and add it to your list of YES!	13 Pick another item you love to add to the YES! list.	14 Go on a date night and enjoy yourself	15 Are there other items to add to your list of Absolute NO?
16 Pick a family ritual that is no longer fun and add it to your list of NO!	17 Pick a work item that's done out of habit not need & remove it	18 Pick another family activity that you refuse to miss anymore	19 What household chore can you train someone else to do?	20 Pick another item you love to add to the YES! list	21 Relax at home and enjoy a movie	22 Did you find more items to add to your Absolute YES! list?
23 Relax and enjoy your time that was freed up by saying NO!	24 Look at your original list. What else can you say NO! to?	25 Pick another work item that you can train someone else to to	26 Do you have enough items on your Absolute YES! list?	27 Take a night off and don't worry about anything	28 Write out your Absolute NO! list and hang it up as a reminder	29 Go on a fun family outing. You have time now.
30 Write out your Absolute YES! list and hang it up as a reminder						