

# **Worksheet: Making Space Beyond “Getting Things Done”**

GGC - May 2026, Week 1 Worksheet

**Purpose:** To help you notice where life has become all responsibility — and gently create space for play again.

## **1. Check Your Daily Focus**

Think about your typical day.

What takes up most of your time and energy?

How much of your day feels like “have to” vs. “want to”?

## **2. Notice the Pressure**

Where do you feel pressure to always be productive?

What do you believe would happen if you slowed down or had more fun?

## **3. Reclaim a Little Space**

What is one small, enjoyable thing you could add into your day — just because you want to?

(Example: music, stepping outside, laughing, creating something, resting)

## **4. Shift the Mindset**

Finish this sentence:

**“I am allowed to enjoy my life, even when**

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