

Worksheet: What Actually Matters Today?

Balance - GGC September 2026: Week 2 ~ 9-14-26

 **1. Write down the things currently taking up the most space in your head.**

 **2. Now sort them into four categories:**

- Needs my attention now
- Can wait
- Can someone else help with this
- Does this really need to be done at all

 **3. What am I treating like a priority simply because someone else expects it?**

 **4. What am I doing out of habit rather than necessity?**

 **5. Where could I choose "good enough" instead of perfect?**

 **6. What could I delegate, simplify, or ask for help with?**

 **7. If I could accomplish only THREE things today, what would actually matter most?**

1. _____

2. _____

3. _____