

A TRANSFORMED TO-DO LIST

TODAY I WANT TO FEEL _____

TO FEEL THIS WAY I WILL THINK THESE THOUGHTS:

TO FEEL THIS WAY I WILL DO THESE ACTIONS:

THINGS THAT MUST GET DONE TODAY OR THERE WILL BE
CONSEQUENCES OR PROBLEMS:

THINGS I WANT TO DO ARE: _____

THINGS I WANT TO DO WITH FAMILY OR OTHERS ARE:
