



THE ENOUGH LIST

Instead of a to-do list, write down what you did enough of today.

Examples:

I was kind enough

I moved enough

I rested enough

I tried hard enough

I'm enough

A light blue rounded square box with a blue border, intended for a date or initials.A light blue rounded rectangular box with a blue border, intended for writing a list item.A pink rounded square box with a pink border, intended for a date or initials.A pink rounded rectangular box with a pink border, intended for writing a list item.A light blue rounded square box with a blue border, intended for a date or initials.A light blue rounded rectangular box with a blue border, intended for writing a list item.A pink rounded square box with a pink border, intended for a date or initials.A pink rounded rectangular box with a pink border, intended for writing a list item.