

By

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## *The Not to Do List*

This is an exercise that will help you to recognise two things at once.

**Firstly**, it will help you discover what you might not want to be doing.

**Secondly**, it will open your eyes to the opportunity that truly is aligned with who you are and help bring bigger rewards to your life.

We generally seem to concentrate on a to-do list, but don't really consider our what not to do list. Recognising what you don't really want to be doing, or what is not a priority in life can really help with clarifying where we want to be.

**Read the questions and fill out the boxes below.**

**1:** What do you love to do?

**2:** What is it you are really good at?" If you weren't in the room, and your best friends, co-workers or family were talking about you, what would they say you are good at?

**3:** What thing in your life, if you just take action on it, will bring you the biggest amount of pleasure?

**4:** Listing your money goals. Think about what actions you need to start taking today to move those goals forward. And remember, making money is a good thing!

**5:** Take a long hard look at all the items on your list. Whatever is **not** on them most likely needs to go on your **not to do list**. So, write them down so you know what they are.

WHAT DO YOU LOVE TO DO?

WHAT ARE YOU REALLY GOOD AT?

WHAT THING CAN BRING YOU THE BIGGEST AMOUNT OF PLEASURE?

WHAT ARE YOUR MONEY GOALS & ACTIONS YOU CAN TAKE TO GET THERE?

WHAT IS NOT ON YOUR LIST THAT YOU COULD BE DOING AND NEED TO STOP DOING?