

THE ENERGY Transfer

Must-Do Tasks

1. _____

2. _____

3. _____

Notes:

Could-Do Tasks

1. _____

2. _____

3. _____

Notes:

What can be delegated or dismissed?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DELEGATION *Resources*

I'VE GOT A FEW OF MY FAVORITE TOOLS BELOW. AS YOU LEARN ABOUT MORE YOU CAN ADD THEM TO THE LIST

Grocery Apps

Instacart
Walmart
Shipt

Household Management

HelloFresh (meal prep).
Sudshare (laundry).
Task Rabbit

Business

Upwork
Fiverr Business

Time Management

Pomodoro Timer
Trello