

MY FREE PERSONAL WORKSHEETS

Corona Lockdown Countdown

April 2020



MY LIST OF LISTS

1. My TO-DO-LIST
2. My relationship list
3. My Feelings list
4. My To-DUMP-List
5. My List of QUESTIONS



LetsTalk 2020 Christo van der Westhuizen

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 **My TO-DO-LIST**

The TO-DO-LIST is our introductory list. This is the most commonly accepted and used basic life-list which we all know. And they come in a great variety of formats!

It is a good idea to start anything new with what you have or what you know. We simply start here because it is also the most used and well-known basic life strategy. A basic, extremely measurable ingredient for personal mastery and fulfilment in life.

Most of us would have some system through which we get things done. Some TO-DO-LIST. We are all familiar with concepts such as time management, productivity, effectivity, reliability and results.

Contribution, meaning, passion and purpose leads to increased levels of personal satisfaction. These are important ingredients which contributes towards an effective personal system and a fulfilled life.

Use this time to evaluate your TO-DO-LIST. What works and what does not work for you? Where can you change, adapt, streamline or upgrade your system for more satisfying results.

Because most of us have our own unique system, we do not provide a template or a worksheet for this list. Rather use this time to re-evaluate your existing system.

Maybe have a look at some of the many available Smartphone and electronic systems. This is particularly important if you are not in an existing system or corporation where these mechanisms are normally pretty standardised.

Optimize your personal as well as work-based TO-DO-LISTS while there is Lockdown Downtime available!!

We do provide a FREE PERSONAL WORKSHEET for each of our remaining lists.



Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



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