

# Prioritizing for Wellbeing

We can place pressure on ourselves by setting **UNREALISTIC** expectations to 'do it all'. This can lead to a negative narrative or add to one we already tell ourselves, effecting our self esteem and wellbeing. Motherhood is busy. when you're feeling overwhelmed by a long list of things to achieve, use this worksheet to help you **PRIORITISE** and focus to reduce stress levels. This will also help you feel more productive and efficient, supporting your overall wellbeing.

**WRITE DOWN THE TASKS THAT YOU THINK NEED TO BE ADDRESSED IN THE SHORT TERM (NEXT 48 HOURS). WRITE DOWN A MAXIMUM OF FIVE.**

**WHICH 2 THINGS WOULD YOU SAY ARE A TOP PRIORITY? THIS COULD BE BASED ON TIME DEPENDENCY OR NEED.**

**NOW LIST YOUR REMAINING TASKS IN ORDER OF IMPORTANCE. IF IT'S HELPFUL, SET A TIME SCALE NEXT TO EACH TASK.**