



WHEN IT ALL FEELS LIKE TOO MUCH

46 Lists to Make

A gentle worksheet to quiet an overwhelmed mind.

Forty-six is a menu, not a mandate. Pick one that catches your eye, make that list, come back another day for another. The point is to get things out of your head and onto the page.

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| ☐ 1. Your goals for the coming year | ☐ 13. Important phone numbers & addresses |
| ☐ 2. Self-care ideas that work for you | ☐ 14. Restaurants & cafes to try |
| ☐ 3. A brain-dump to-do list | ☐ 15. Favourite songs, bands & singers |
| ☐ 4. Bills to pay and their due dates | ☐ 16. Life admin you've put off |
| ☐ 5. A feel-good playlist | ☐ 17. Words of wisdom for tough times |
| ☐ 6. What you're grateful for this week | ☐ 18. Gift ideas for people you love |
| ☐ 7. Everything you've accomplished so far | ☐ 19. Things you want to learn |
| ☐ 8. A declutter plan: keep, toss, give away | ☐ 20. Questions for your next doctor visit |
| ☐ 9. Books to read in your lifetime | ☐ 21. A home improvement wish list |
| ☐ 10. Things that make you happy | ☐ 22. Your values, and why they matter |
| ☐ 11. Your travel bucket list | ☐ 23. TV series to binge |
| ☐ 12. Your happiest memories | ☐ 24. A shopping list |

46 Lists to Make (continued)

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| ☐ 25. Favourite places in the world | ☐ 36. Your priorities: week, month, year, life |
| ☐ 26. A simple weekly meal plan | ☐ 37. An outfit plan for the week |
| ☐ 27. A birthday or Christmas wish list | ☐ 38. An inventory of valuables |
| ☐ 28. Things to draw, paint or make | ☐ 39. Journaling prompts |
| ☐ 29. Key dates for the year | ☐ 40. Things you can't live without |
| ☐ 30. Favourite people & what you love about | ☐ 41. A plan for your next holiday |
| ☐ 31. Songs to add to your playlist | ☐ 42. Quotes that inspire you |
| ☐ 32. Things you love about yourself | ☐ 43. Recipes to try |
| ☐ 33. Things you love about someone else | ☐ 44. What isn't working, and what to let go of |
| ☐ 34. Appointments to book (yes, the dentist) | ☐ 45. All-time favourite movies |
| ☐ 35. Hobbies to take up | ☐ 46. Tomorrow's top work priorities |

A few gentle tips

- Keep a special pen just for ticking things off. The little hit of satisfaction is real.
- Set yourself a reward for finishing a list: a good coffee, a book, half an hour with your feet up.
- Use a notebook you actually like. This is meant to help, not become another chore.