



## 02 Sort it into buckets

Now look at what came out and sort it. Most things fall into one of three piles.

Needs an action from me	Just needs a decision	Not mine to carry, or can let go
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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## 03 The next physical step

For the things that need doing, write only the very next concrete step, not the whole project. 'Email the dentist', not 'sort out health'.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### 04 What's actually weighing most?

Read it all back. Often the thing taking up the most space isn't the longest item, it's a small one with a lot of feeling attached.

What's really taking up the most room in my head, even if it looks small on the list?

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#### 05 Park the rest

Some things can't be acted on now, and that's fine. Name them so you can set them down on purpose, knowing they're captured and you can pick them up later.

Things I'm choosing to set down for now:

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### When you're done, a moment to reflect

- How does the pile look on paper compared with how it felt in your head?
- What's the single next step you'll actually do first, and when?
- Was there anything you've been carrying that turned out not to be yours to carry?

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Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life.

### If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.