



## **Love of The List**

In case you don't know already – I LOVE LISTS! They keep me organized and help track of my never ending “to do's”.

Lists can definitely help when we're feeling overwhelmed. There's the typical lists that help keep us on track – but then there are lists we can make that can really help lift our spirits too. Here's some ideas of typical – and not so typical lists to help us out:

### **Typical Lists (help keep you organized and on track):**

- ❖ Shopping Lists
- ❖ Meal plans for the week (and there's no shame in keeping it EASY!)
- ❖ Bills to pay
- ❖ Appointments and key dates to remember
- ❖ Agenda for your work day
- ❖ Projects at home or work and the specifics involved

### **The Not So Typical Lists (can uplift your spirits):**

- ❖ Things that inspire you
- ❖ Things that make you happy
- ❖ Your all-time favorites (could be memories, books, movies, quotes, songs – even people!)
- ❖ A bucket list

**Christine Paciello, Certified Career & Life Coach**

**Herwork Coaching, LLC**

[www.herworkcoaching.com](http://www.herworkcoaching.com)

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