



Thometz
Life Coaching

#1 - Habits TTD List Worksheet

"Make sure that what makes you feel good doesn't make you feel bad."

Gretchen Rubin, *Better Than Before*

"Perhaps what makes you feel bad might make you feel good."

In order to be successful, Warren Buffett suggested that you make a list of your twenty-five career goals, pick the most important five, throw out the rest, and focus on those five. This things-to-do list is inspired by his idea but includes personal goals as well as professional. You can work on more than one thing at a time and achieving your personal goals may help you achieve your professional goals and vice versa.

Personal

Professional

Family/Future