



## **December 2010 – Throw Away Your To-Do Lists**

Yes, I actually wrote that. Me, the queen of lists is writing about throwing away your to-do lists.

I have weekly to-do lists, Christmas gift list, business goal lists, personal goal lists, home renovation list, mailing lists, grocery list and the list goes on.

So why am I, the Queen of lists, writing about throwing away your lists? It comes from something I heard last week – it was a suggestion to throw away your list or simply stop looking at your task list.

At first I resisted the suggestion; I wanted to hold tight to my list. They create structure for me, make me feel productive, organized, show a sense of accomplishment and progress as I tick things off the list.

Then I heard the thoughts behind ignoring the list and I must admit I was intrigued. By focusing on a task list it can zap you of productive energy, by getting bogged down in handling to-dos rather than focusing on the living your vision. By breaking everything down into micro tasks it can create a feeling of overwhelm, can lead to paralysis and result in procrastination. It's the idea that more action doesn't necessarily lead to more results.

The feeling of too-much and energy zapping doesn't happen overnight, it creeps up on you week after week. Each week a few items get crossed off the to-do list, after a while there are more things NOT done on the to-do list than are DONE. This leads to feeling overwhelmed, falling backwards, getting de-motivated and giving up.

Now I'm stepping back from the lists (a bit) and focusing on the big ideas to create the life I want, and achieve the goals I want. Less activity for activities-sake and more fulfilling movement towards what you want for yourself, your family, your friends, and your legacy.

This is especially applicable for December. It's easy to have lists for gifts, entertaining, social occasions, decorations, errands, work to finish before year end. And it's easy to forget the meaning of the season (for me, that means Christmas) – sharing time with loved ones, connecting to the spiritual purpose of the holiday, celebrating, expressing and receiving love.

So what are your big goals, your vision for your life? What motivating energy does that create? From that positive energy, what is a big thing to move your forward towards the vision? It may be to relax, have fun, lighten up, and those types of things normally never appear on a to-do list.

Further to my thought I wanted to make you the following offer (in list format):

1. Seasonal Special: Buy 5 one-hour coaching sessions as a gift for someone (or yourself!) and I'll give them a 6<sup>th</sup> free
2. Complimentary "Christmas" Coaching session in December for YOU – to help relieve any stress, bring more joy to the holiday, deal with the financial pressures of the season, or anything else you want. I have 6 spots remaining so contact me now to reserve yours.
3. Complimentary New Year's Coaching session in January for YOU – to spend time creating your vision for a successful and fulfilling 2011. Spaces are limited, first come first served.

**Live your potential!**

**Anne Taylor**  
**Certified Professional Co-Active Coach**  
***DIRECTIONS* – Coaching for Results**  
**[www.taynac.com/directions](http://www.taynac.com/directions)**  
**[coachanne@taynac.com](mailto:coachanne@taynac.com)**  
**© 2010 Anne Taylor**