

COCOROSA



you have
better things
to overthink.



THINGS I AM ABSOLUTELY NOT DEALING WITH TODAY:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



ACTUALLY URGENT:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

(the real stuff)

CAN LITERALLY WAIT:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

(future me can handle it)

MY BRAIN INVENTED THIS EMERGENCY:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

(probably not real)

TODAY'S
PERMISSION
SLIP:



I give myself permission to let go of what doesn't matter,
protect my peace, and focus on what I can actually handle.

Signed: _____

Date: _____



Congratulations. Some things are officially tomorrow-you's problem. ♥

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