

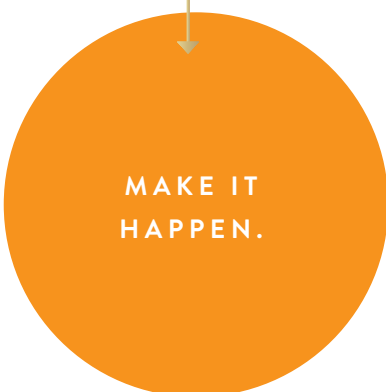
# FEELING OVERWHELMED?

*Where to begin: a cheat sheet from The Simplified Planner®*

## PHYSICAL STUFF



## MENTAL SPACE



## TIME

