

ESSENTIAL VS NON ESSENTIAL

ESSENTIAL

- high-value activities
- quality over quantity
- pursuit of less (mindful)
- top priorities
- improve the quality of your life
- produce real progress
- self-improvement
- investing time
- make your life more fulfilling
- lead to long-term satisfaction
- mindful choices
- in control
- assertive

NON ESSENTIAL

- low-value activities
- quantity over quality
- pursuit of more (mindless)
- time-wasters
- distractions
- don't add value to your life
- procrastination
- wasting time
- create short-term pleasure
- mindless decisions
- out of control
- lack of assertiveness