

NONPROFIT BOOK CLUB

TOOLS TO WORK THROUGH BIG THINGS

INSPIRED BY MICHELLE OBAMA'S "THE LIGHT WE CARRY"

CHANGE YOUR
PHYSICAL SPACE –
GO OUTSIDE!

MAKE A GRATITUDE
LIST – IN YOUR
HEAD, ON PAPER,
OR OUT LOUD

BREAK DOWN YOUR
TASKS INTO SMALLER
ONES – CHECK THEM
OFF A PHYSICAL LIST!

GO BACK TO THE BASICS.
WRITE BY HAND INSTEAD OF
TYPING, DO MENTAL MATH
TO CHECK YOUR WORK, ETC.

DO A TASK WITH A VISIBLE
PROGRESS MARKER (AKA.
YOU CAN SEE THINGS
BEING ACCOMPLISHED)

SHARE WITH OTHERS
WHAT IS WORRYING
YOU, THE TASKS THAT
FEEL BIG, ETC.

DO SOMETHING
CREATIVE – USE
THE OTHER
SIDE OF YOUR
BRAIN!

SPRINKLE IN FUN!



JOHNSON COUNTY
NONPROFIT ALLIANCE

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