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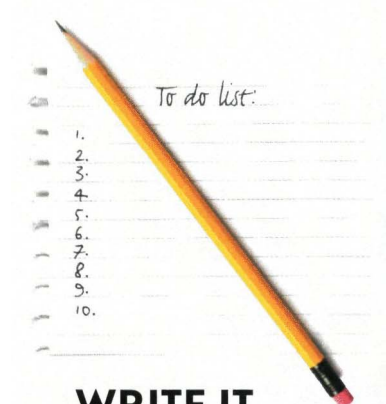
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CUT STRAIGHT TO YOUR NEWS



WRITE IT DOWN

Speaker and author Dr John Demartini says list-making has more benefits than you'd think - it can make you healthier, happier and possibly better-off financially.

"Most people feel stressed at the thought of everything on their to-do list as a whole, but if they break it down, they often find a lot of items don't actually need to be done today, or even by them at all," Demartini says.

He recommends breaking your list down into small tasks, looking

for items that could be done by others and being honest about how urgent things really are.