

WORKSHEET

Clear Out the Clutter

Start improving by removing what's not working – it could be things, activities (including toxic relationships), habits, thoughts, annoyances, etc. Ask “What’s not serving me?” Write it down below and mark its fate with an “x”.

List of Things Going Away:

Item:	Remove	Replace	Modify
1.			
2.			
3.			
4.			
5.			

My Action Plan:

Now that you've set your intention, get momentum with a quick win! Which **1-3 items** above can you accomplish the **EASIEST** or **FASTEST**? Write them below with next steps. Once items are accomplished, choose your next 1-3. Celebrate your progress!

Remove:	To Where?	Who's Doing It?	When?
1.			
2.			
3.			

Replace:	With What?	Who's Doing It?	When?
1.			
2.			
3.			

Modify:	How?	Who's Doing It?	When?
1.			
2.			
3.			