

[illegible]

1. Which of these items wouldn't actually hurt at all if you cut them?
2. Which of these items would you feel relieved to no longer be carrying?
3. Which of these items are "shoulds" or items that relate to OPP (other people's priorities), but you don't see how they'll directly lead to your thriving?
4. Which of these items are good ideas but don't relate to something that frustrates, annoys, angers, inspires, nourishes, or calls to you?
5. Which of these are things that some previous version of yourself put there that aren't relevant for where you are right now?