

Once you have this list, start asking yourself the following questions and check the box next to the items that meet the criteria of these questions:

- 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?

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