LETTING GO OF YOUR PROJECTS

List all of the ideas and projects you want to do. Think beyond "professional" ideas and projects – yard and house projects, community initiatives, events with your community, traveling to Nepal, sorting your finances, or getting a puppy all count. It can be items on your bucket list, but they don't have to be bucket-list level.

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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