

Things To Get Rid Of

Like Permission Goals, these can be extremely easy or terribly difficult. They're the things that exist in your life right now that you'd be better off without. Habits, clutter, distressing people, unpleasant environmental factors, unnecessary expenses, fixations, collections, annoying verbal habits... Anything at all that you'd be better off without.

Just complete each sentence, put a deadline on it and make it happen.

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because: ____

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Achieve Your Goals

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You Deserve It!