

Deleting Checklist



Relationships

Create a boundary around toxic people or cut them out of your life completely.

- _____
- _____
- _____

Health

Throw away or donate any food that doesn't support your health goals.

- _____
- _____
- _____

Home and spaces

Clean up and organize the room you spend the most time in.

- _____
- _____
- _____

Financial

Cancel any paid subscriptions or services you're no longer using.

- _____
- _____
- _____

Professional

Delegate or delete any tasks that slow your progress or derail your work.

- _____
- _____
- _____

Business

Retire any products or programs that aren't selling well.

- _____
- _____
- _____

Personal

Quit groups, committees, or obligations that drain your energy.

- _____
- _____
- _____

Spirituality

Avoid any situations or circumstances that negatively affect your faith.

- _____
- _____
- _____