



COMPLETING INCOMPLETE CYCLES OF ACTION

Introduced @Wings Seminars

“Spring Clean the Mind”

Go through the list & jot down thoughts that come up and close the loop.

*Make visible post-it notes, take action, and have more **ENERGY** for the good stuff!*

RELATIONSHIPS:

Neighbors
Children
Relatives
Parents
Co-Workers
Friends
Wife/Husband/Partner
Pets
Roommates

ACTIVITIES:

Possessions
Bills
Savings/Investments
Will
Taxes
House
Yard
Closets
Vehicles
Correspondence
Broken Things
Broken Promises
Projects
Return/Get Back
Lies/Stealing
Work
Recreation/Play
Dream/Visions
Spirituality/Religion
Education/Career Training

COMPLETING INCOMPLETE CYCLES OF ACTION (continued)

PERSONAL HEALTH:

Doctor
Dentist
Glasses/Contacts
Hearing
Addictions
Nutrition
Exercise
Education
Weight
Sex
Personal Hygiene

OTHER: