

No More Bag Lady

Hey Bag Lady! Are you tired of carrying around that heavy cargo? It's time to start traveling light. These are essential questions you should ask yourself AFTER you decide it's time to let go of some of the dead weight!

1. Who and what can be characterized a dead weight in your life?

2. Why do you consider those items to be dead weight?

3. Why do you think you hold onto the weight you've identified?

4. What would happen if you decided to remove the dead weight from your life?

5. What will you do to remove or minimize the dead weight?

6. When will you start the removal process?

7. How will you do it? What actions will you take?

8. How will you keep yourself accountable to your action plan?

9. Once the dead weight is removed, how will you fill that space?

a. What new or unused resources will you tap into?

b. With what type of people or places will you seek to surround yourself now?

c. What new opportunities/activities will you embrace?
