

What I am taking out, and when

On the first page you wrote down what is hurting you. That page was a confession. This one is a plan. One line for each thing on that list, and be honest in the second column, because that is the one that has been keeping it there.

Everything you add is a bet. Everything you take away is one thing less for your body to carry.

WHAT IT IS	WHAT I HAVE BEEN CALLING IT	WHAT IT IS ACTUALLY COSTING ME	OUT OF MY LIFE	THE FIRST STEP, AND THE DATE
1		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
2		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
3		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
4		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
5		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
6		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
7		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
8		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	

Keep going. The list is always longer than you think.

WHAT IT IS	WHAT I HAVE BEEN CALLING IT	WHAT IT IS ACTUALLY COSTING ME	OUT OF MY LIFE	THE FIRST STEP, AND THE DATE
9		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
10		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
11		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
12		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
13		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
14		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
15		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
16		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	
17		☐ my body ☐ my money ☐ my energy ☐ my peace	☐ now ☐ in stages ☐ not yet	

The thing on this page I am **most afraid** to take out is the one that is **costing me the most**.

Write it on the line. **You do not have to do anything about it today.** You only have to stop pretending you did not know which one it was.

Take the garbage out first. Then we talk about what to plant.