

START SIMPLIFYING YOUR LIFE WORKSHEET

DATE:

What's your #1 goal?

TIME

What are some uses of your time that you can simplify?

How will this help you achieve your goal?

MONEY

What are some uses of your money or belongings that you can simplify?

How will this help you achieve your goal?

FEAR OF WHAT OTHERS THINK

How would you define success, if you didn't care what other people think?

How will this help you achieve your goal?

UNCERTAINTY

What are 3 things that you can research to help you get the information you need to reach your goal?