



HELL YES! List

(Letting go of things that no longer serve you)

What are you willing to release to get what you want most?
One catch: Giving it up has to feel soooo good that you enthusiastically say 'HELL YES!'
No coercion. No "I should". No deprivation.
Just cathartic release and the THOUGHT "My life is better without it."

Emotions

1. _____
2. _____
3. _____

Relationships

1. _____
2. _____
3. _____

Habits

1. _____
2. _____
3. _____

Stories

1. _____
2. _____
3. _____

Foods

1. _____
2. _____
3. _____