

Removing Things from Your Life - T Chart

Spiritual Things -In this area write/type specific things you need be rid of in your life.

1.

2.

3.

4.

Emotional Things -In this area write/type specific things you need to be rid of in your life.

1.

2.

3.

4.

Physical Things -In this area write/type specific things you need to be rid of in your life.

1.

2.

3.

4.

Mental Things -In this area write/type specific things you need to be rid of in your life.

1.

2.

3.

4.

Removing Things From Your Life Planning Sheet

Spiritual

Write out some ways to remove these things from your life.

Emotional

Write out some ways to remove these things from your life.

Physical

Write out some ways to remove these things from your life.

Mental

Write out some ways to remove these things from your life.