Life Philosophy Declutter Checklist

Start with one drawer or shelf. Review each item, keep what serves you, and let the rest go at your own pace.

21 items · 2 pages · A4 · English

- [ ] Ask for help with a recurring task that overwhelms you
- [ ] Choose a stopping time for work messages
- [ ] Choose one good-enough standard for a household task
- [ ] Decline one commitment you no longer have capacity for
- [ ] Drop one routine kept only to meet someone else's expectations
- [ ] Excessively long hair with split ends
- [ ] Leave one empty slot in this week's calendar
- [ ] Let go of blaming, and do not let it bind your life
- [ ] Let go of blind self-confidence
- [ ] Let go of impulsiveness and cultivate calm self-awareness
- [ ] Let go of the habit of being unwilling to share with others
- [ ] Let go of the hoarding mentality

Notes / next small step

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- [ ] Let go of the whatever or indifferent mindset
- [ ] Release a hobby project you no longer want to finish
- [ ] Remove an outdated goal from your active to-do list
- [ ] Replace one self-critical thought with a concrete next step
- [ ] Set a limit for time spent comparing yourself online
- [ ] Social interactions that are ineffective and draining
- [ ] Someone who truly does not love you
- [ ] Temporarily let go of work you are not good at
- [ ] Write down one decision you can stop revisiting

Notes / next small step