

Deleting Checklist

RELATIONSHIPS

- Create a boundary around toxic people or cut them out of your life completely.
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HEALTH

- Throw away or donate any food that doesn't support your health goals.
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HOME AND SPACES

- Clean up and organize the room you spend the most time in.
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FINANCIAL

- Cancel any paid subscriptions or services you're no longer using.
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PROFESSIONAL

- Delegate or delete any tasks that slow your progress or derail your work.
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BUSINESS

- Retire any products or programs that aren't selling well.
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PERSONAL

- Quit groups, committees, or obligations that drain your energy.
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SPIRITUALITY

- Avoid any situations or circumstances that negatively affect your faith.
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Sage Grayson

LIFE EDITOR

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Deleting Checklist

Thank you for downloading the Deleting Checklist from <http://sagegrayson.com>. Take some time to delete, remove, or create a boundary around the things that drain your energy or frustrate you.

Instructions

- For each category, write down several action steps that you want to take to delete the bad influences in your life.
- I've provided an example for each category to get you started.
- If you can't delete a bad influence completely, create a boundary around it to protect your energy. You might need to limit your time around a negative family member or keep a certain junk food out of the house.
- Once you've filled out the checklist, try to complete one of the deleting action steps per day until you've handled them all.



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

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