

Your RX for The Shedding Revolution™



21 Things to SHED® Now!

Shedding is letting go of the old and embracing the new.

Directions: Read over the list below and circle the top one that you're ready to SHED Now! If you're really committed, pick your top three. And if you think of something you need to SHED and it's not on the list, add it.

1. Stuff
2. Negativity
3. Toxic relationship
4. Weight
5. Fear
6. Worry
7. Debt
8. Bad boss/job
9. Control
10. The past
11. Addictions
12. Over-eating
13. Over-shopping
14. Over-drinking
15. Over-technology
16. Judging others
17. Expectations
18. Perfection
19. Adult children making bad choices
20. Procrastination
21. Doing it alone (Ask for help!)

Happy Shedding!