

# LISTS WORKSHEET

## List 1: Open Loops & Loose Ends

### Instructions:

List up to five tasks that feel like “open loops,” loose ends, or unfinished items in your life. These may be nagging to-dos, boring tasks, or mundane errands that are weighing you down.

## List 2: Five Momentum Boosters

### Instructions:

For each category below, identify one specific action you can take. Use your intuition—pick what feels right for today.

### 1. Declutter or Tidy

- *What is one area or item you can tidy or declutter to shift the energy in your space or mind?*

### 2. Upgrade or Fix

- *What is something in your life you could upgrade or repair (appearance, space, habits, etc.)?*

### 3. Overcome Resistance

- *What task have you been putting off or resisting? What will you tackle?*

### 4. Replenish

- *What everyday supply needs replenishing (household, personal, work, etc.)?*

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## 5. Refresh

- *What can you do to refresh your life, environment, or self (e.g., new pillows, gardening, rearranging furniture)?*

## Reflection

- **How did making these lists help shift your energy or mindset?**
- **Which item will you do first?**
- **After taking action, what has changed for you?**

*Keep this worksheet nearby and revisit whenever you're feeling stagnant, overwhelmed, or uncertain about your next steps.*

*Even completing just one item can help restore your momentum and clarity!*