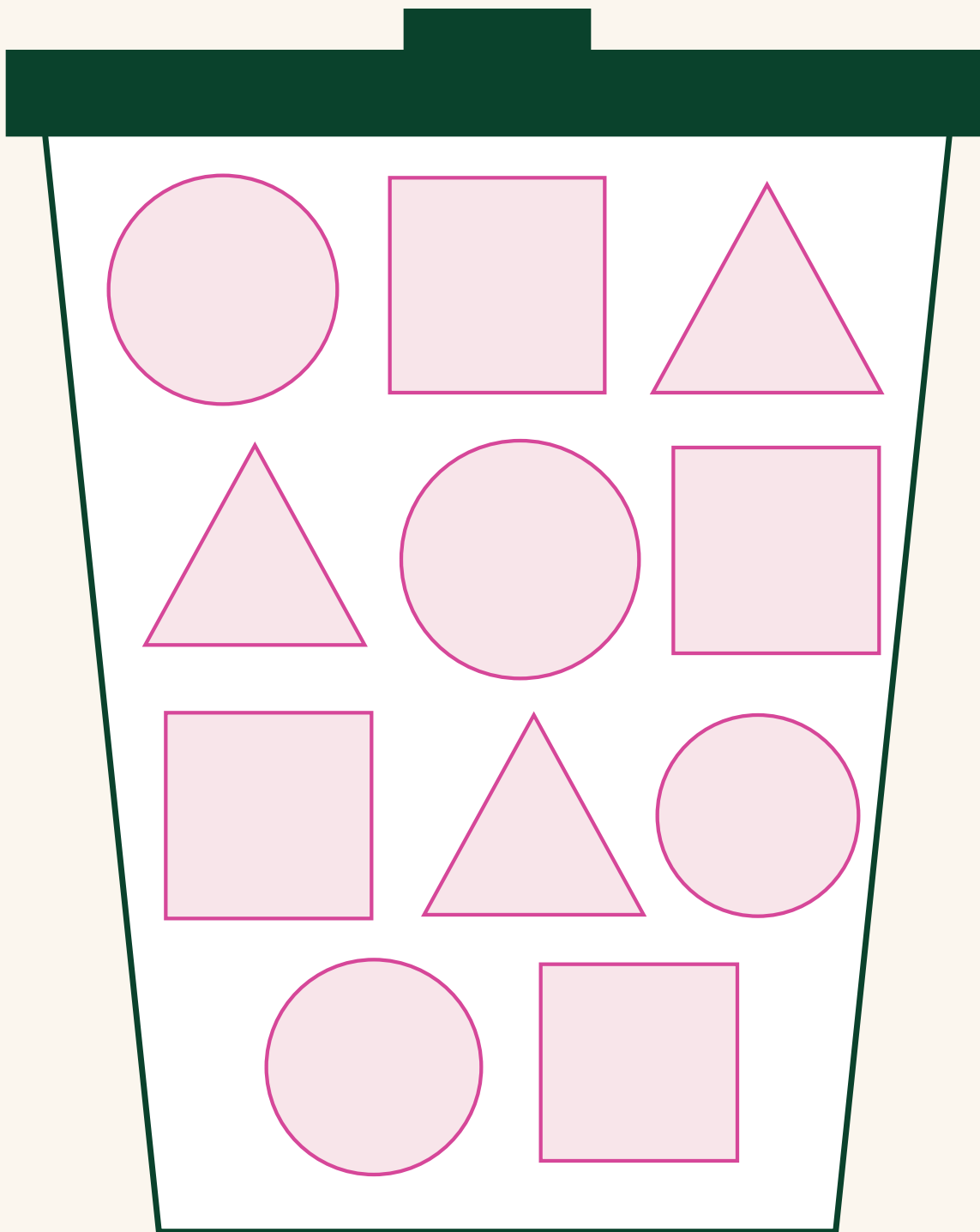




THE TRASH CAN

Name what's holding you back. Then put it where it belongs.

Write one thing in each shape — a choice, a habit, a person, a story you keep telling yourself. Be honest. Nobody has to see this but you.



Look at this page tomorrow. This is what you're no longer carrying.



THE POWER QUESTIONS

Three questions. Answer them honestly and the path gets obvious.

Don't rush these. Give each one real space — the third question is the one that changes things.

01

What do you want?

Be specific. “To be happy” isn't an answer — it's a wish.

02

Why do you want it?

If the why isn't yours, the goal won't hold.

03

Are your actions and choices getting you there?

This is the honest one. What would today say about you?

STOP BULLYING YOURSELF

More free printables, the podcast, and the blog at happywholeyou.com