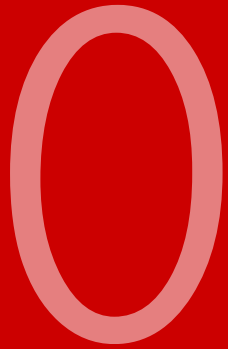




lightening the **LOAD**



the concept

Some things are hard, unpleasant, and totally worth doing. Other things are hard, unpleasant, and completely unnecessary. Part of lightening our load is struggling with more of the things that matter and fewer of the things that don't.

We can also lighten our load by releasing the expectations of others. The expectations of self. Mistakes we've made in the past. The fear of mistakes we might make in the future. Relationships that no longer serve us. Reluctance in asking for help. Or reluctance to simply tell people we can't do it any longer.

Lightening our load not only helps us experience our life in a better way—it helps others experience *us in a better way*.



lightening the **LOAD**

1



What's one thing people expect you to do that no longer makes sense?

2



lightening the **LOAD**

2



What's taking the most time and energy and providing the least value in your life?

3



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3



What are you waiting to do that's going to make things much harder than just getting it done right now?

4



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4



What's taking a lot of energy to resist that you are ready to accept?

5



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5



What burdensome relationship are you ready to let go of to make space for something new?

6



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6



What are you insisting on doing yourself that someone else could easily do instead?

7



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7



Who could you stop despising or resenting?

8



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8



*What are you ready to release from
your past that's been churning you
all these years?*

9



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9



What material possession are you working too hard for and getting too little from?

10



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10



*Is there something you dread doing
you could stop doing?*

11



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11



What belief has become a burden?

12



lightening the **LOAD**

12



*What's one thing you can redesign
by the end of today that will lighten
your load?*