

# STEP 1: *What can I give up?*



Think about the many roles you play in your business and personal life. What can you let go of or pass on to someone else? List those things below.

**Want to flush this out further? See Step 2 activity on the back!**



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## STEP 2: How do I let go?



Use SMART goals to help you take action on the idea you jotted down for Step 1. Want an example? Check out the AdvancED on Purpose Blog.

**S** BE SPECIFIC:

**M** WHAT WILL YOU MEASURE:

**A** ACHIEVABLE BECAUSE:

**R** RELEVANT TO:

**T** IDEAL TIMING:

**STEP 3: Repeat for  
your other goals.**