

# 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!**



## 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.



**BE SPECIFIC:**



**WHAT WILL YOU MEASURE:**



**ACHIEVABLE BECAUSE:**



**RELEVANT TO:**



**IDEAL TIMING:**

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