



# Strategic Abandonment ✨

The Art of Letting Go Pt. 1 | April 2025

# Strategic Abandonment Assessment

## Step 1: Inventory the Departments of Your Life

What are you currently focused on or working on? What are your current goals and desires?

For relationships, who are you spending the most time with? Who is most important to you?

For stories, narratives, and ideas, what recurrent thoughts do you notice? If anything is persistently troubling you, write it down.

### Staggeringly Powerful Desires

### Highly Unlikely Goals

### Initiatives / Projects



# Strategic Abandonment Assessment

Routines / Habits / Processes

Stories / Narratives / Ideas

Relationships

Anything else that's taking up resources (time, money, energy, focus) in your life



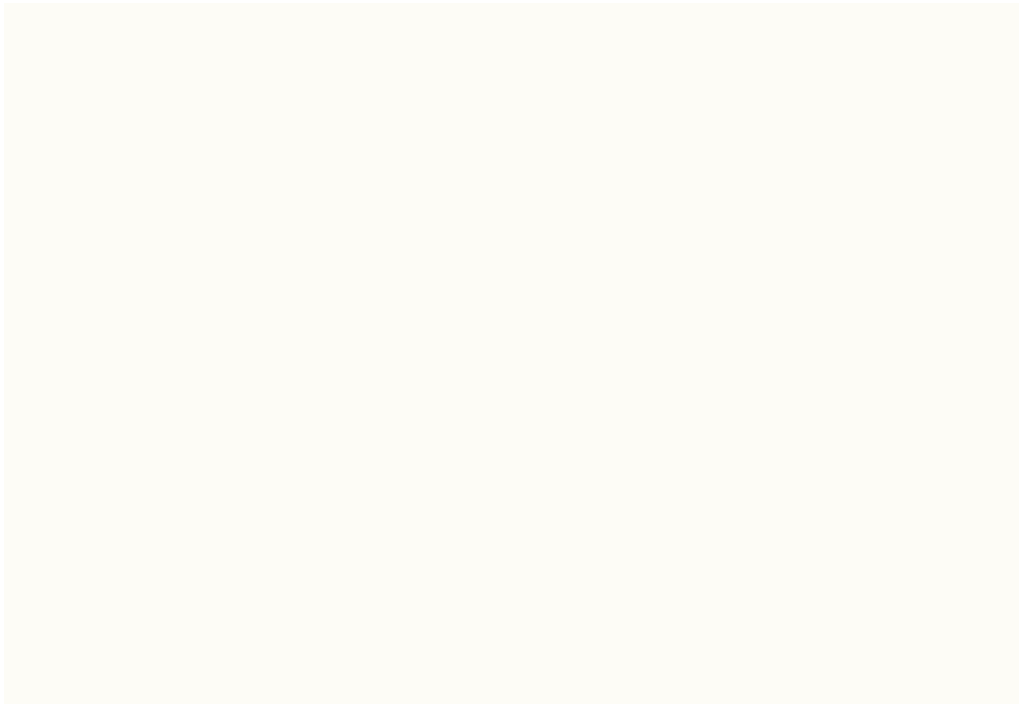
# Strategic Abandonment Evaluation

## Step 2: Evaluate Each Item for Strategic Abandonment

For each item in your list, use the following questions to evaluate whether it's time to strategically abandon the item.

- Why did you decide to do it initially?
- Results: What impact is this thing creating on you and in your life? Is it having a positive impact in your life? On YOU?
- What do your magnets say about this thing?
- Are you just tired of it? Bored? Angry? Ready for something different?
- How does it fit into your personal growth pattern?

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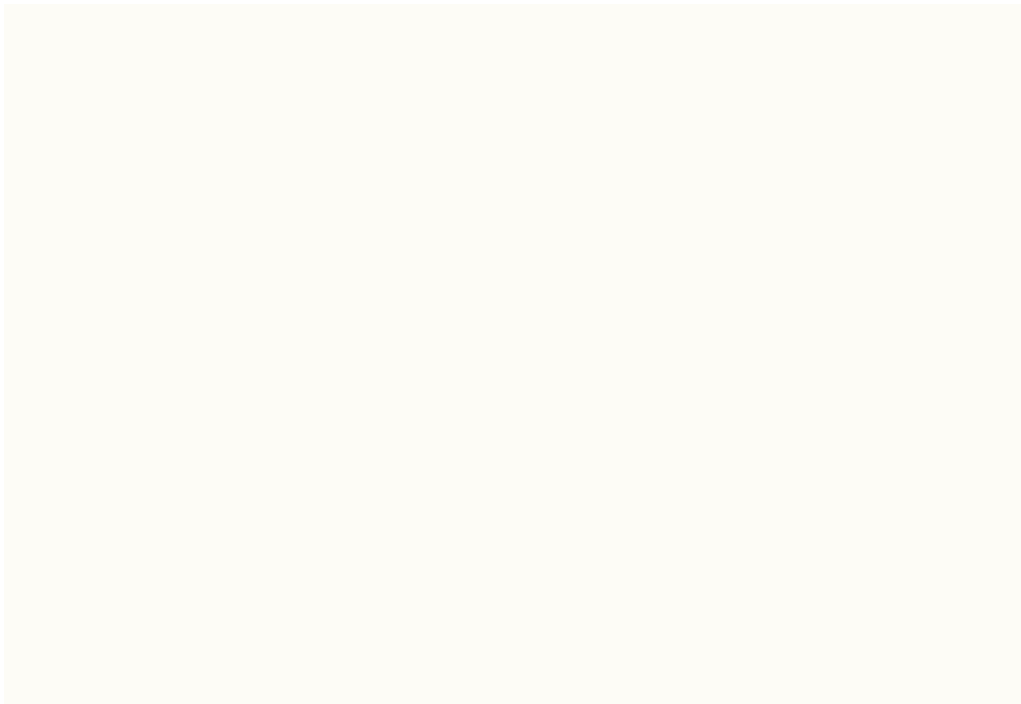


# Strategic Abandonment Evaluation

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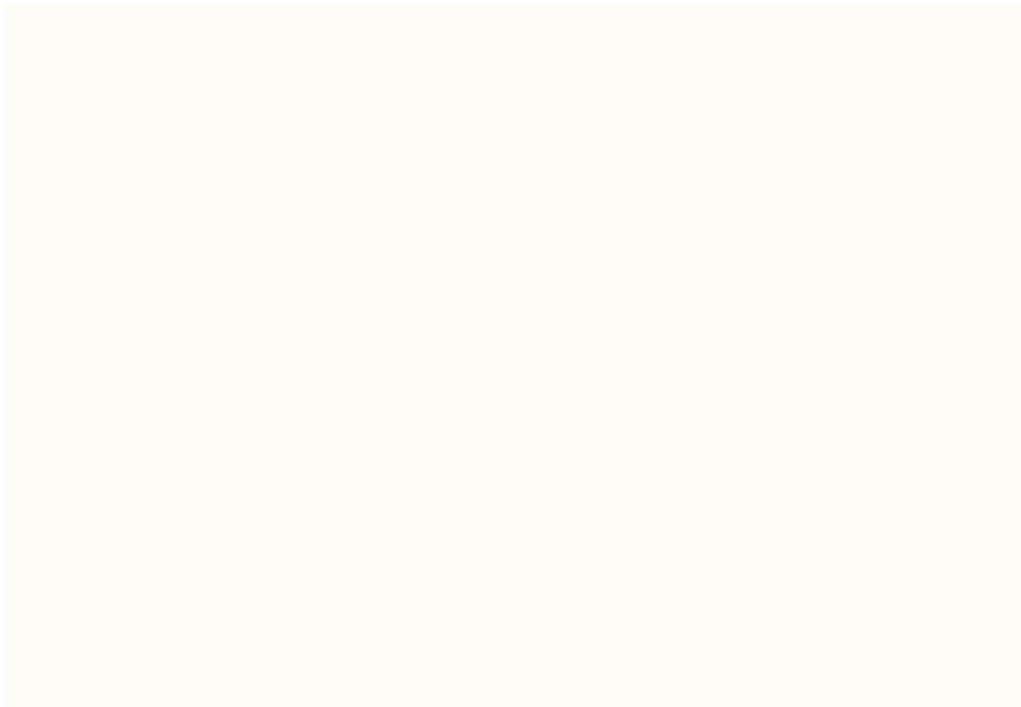


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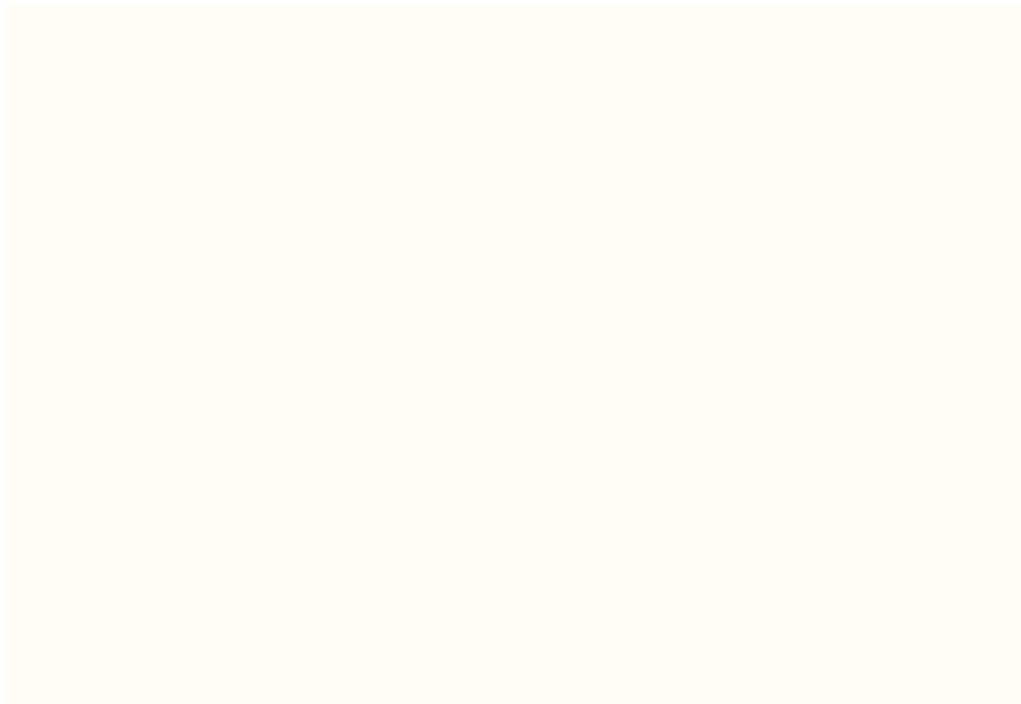


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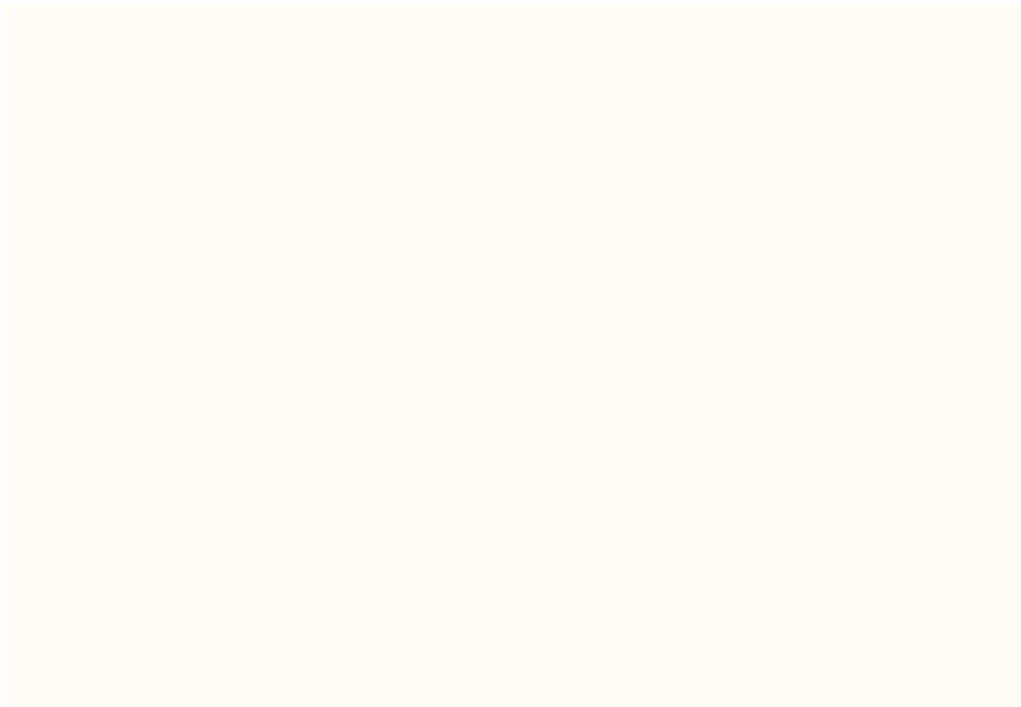


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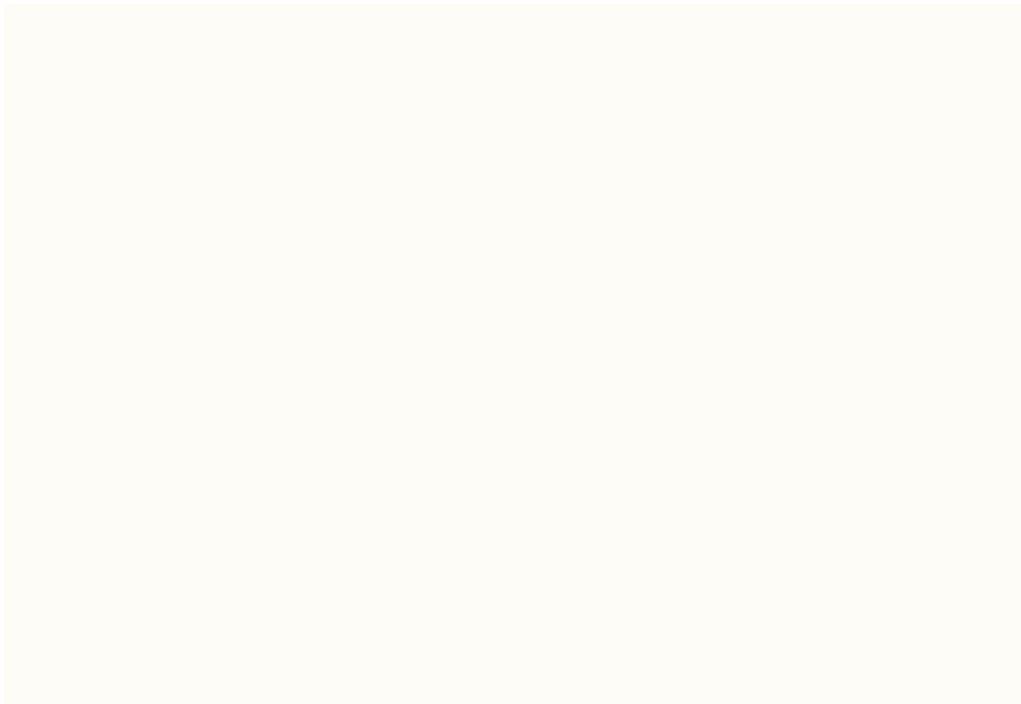


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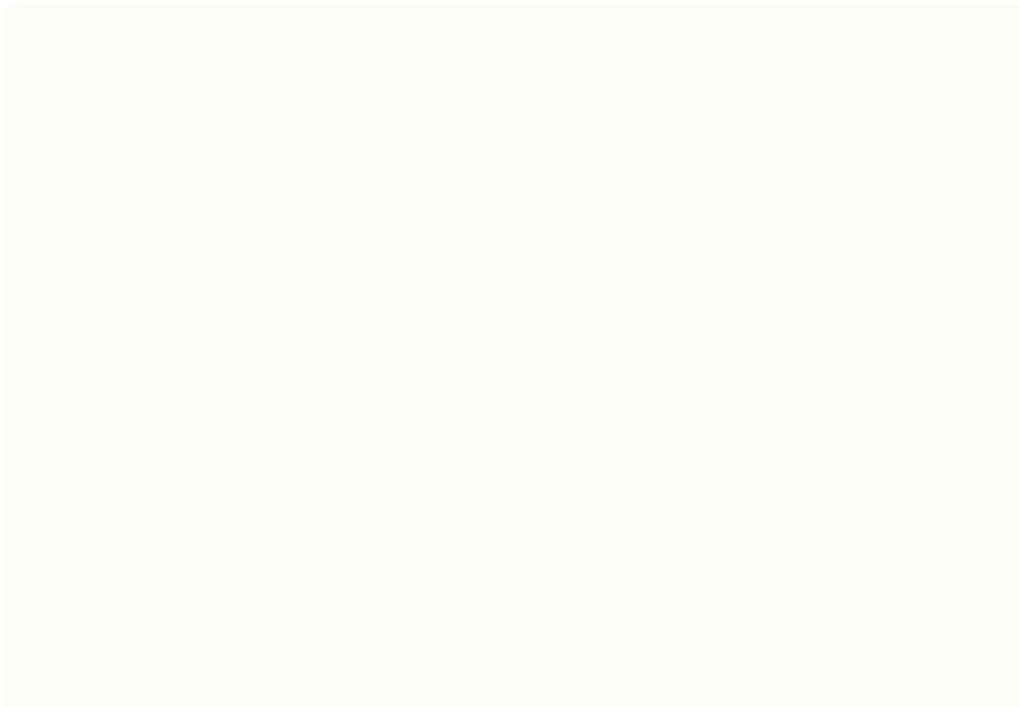


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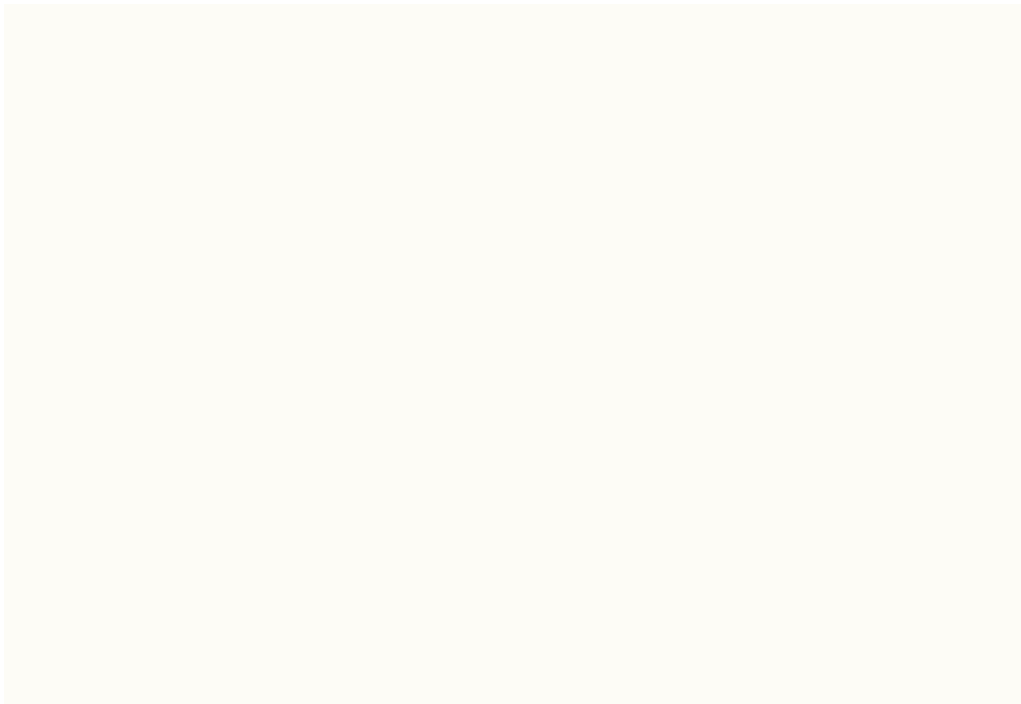


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