

# Living with Momentum

SAMPLE

## Action Planner

Overwhelmed by:	Action 1	Action 2
<i>Schedule Clutter</i>	<i>Stop adding new activities this week</i>	<i>Cut one event/club/project that I can let go</i>
<i>House Clutter</i>	<i>Begin working in the hall bathroom</i>	<i>Kitchen</i>
<i>Head Clutter</i>	<i>Start a journal to write down my thoughts to get them out of my head</i>	<i>Write a list of actionable items or add to Task List</i>
<i>Body Clutter</i>	<i>Stop drinking soda</i>	<i>Start walking everyday</i>
<i>Soul Clutter</i>	<i>Stick to a daily time to think and pray</i>	<i>Go to church</i>
<i>Relationship Clutter</i>	<i>Stop negative conversations</i>	<i>Stop making plans with negative friends</i>
<i>Information/Technology Clutter</i>	<i>Shut off my phone after dinner</i>	<i>Set a time to check email, not all day long</i>

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