

Self Declutter

1. Negativity
2. Others' Opinions
3. Guilt from Past
4. Perfectionism
5. Anger
6. Negative Self-Talk
7. Holding Grudges
8. Feeling Worthless
9. Toxic People
10. Giving Up
11. Jealousy
12. Unrealistic Expectations
13. Self-Pity
14. Hatred
15. Immobilizing Fear
16. Body Shaming
17. Bullying
18. Gossip
19. Drama
20. Inappropriate Language
21. Self-Righteous Attitude
22. Distractions from God

