



## EXTRA BAGGAGE COMES WITH A PRICE

NAME:

DATE:

This worksheet is a supplement training guide to “Extra Baggage Comes With A Price” video published on March 19, 2016.

Many of us deal with baggage at one point or another. Most of us carry around a heavy weight of emotions that came from former jobs to failed relationships, unfinished business, and other countless scenarios involving loved ones. You pack so much into your days/life that you feel weighed down. You need some straightforward, effective ways to make life easier. Try some of the following strategies found on [this video](#) to help you simplify your life and lighten your load.

Remember, extra baggage will cost you!

### Key Points:

1. **50 lbs-** The less excess baggage there is, the more likely you're going to enjoy more out of your life. Let go of excess baggage. Find your limit.

*Describe how much is your 'excess baggage' and how it affects your life?*

2. **Timeless-** Our body may be more mature now, but in our mind we are timeless. When we carry around old baggage, which evolves from harmful, painful, or negative experiences and from interactions that caused a significant emotional reaction within you. These feelings continue to affect who you are, how you think, the choices you make and the actions you take now.

*Have you noticed any difference in you on how you react on certain situations/persons?*

### Action Steps:

1. **Think Inventory-** You need to have inventory. Travel back in time and see where you picked up these excess baggage. Write it down and move on to the next step.

*Take some time to list all excess baggage you carrying around.*

2. **Lighten Your Load-** It may take some time to change habits, especially when they are rooted in our subconscious mind. Be mindful using meditation or journaling. If you find yourself carrying excess baggage, let it go.

*What steps will you take to lighten your extra load?*

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

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