



HAS THE LABEL EXPIRED?

When is the last time you thoroughly cleaned out your refrigerator?

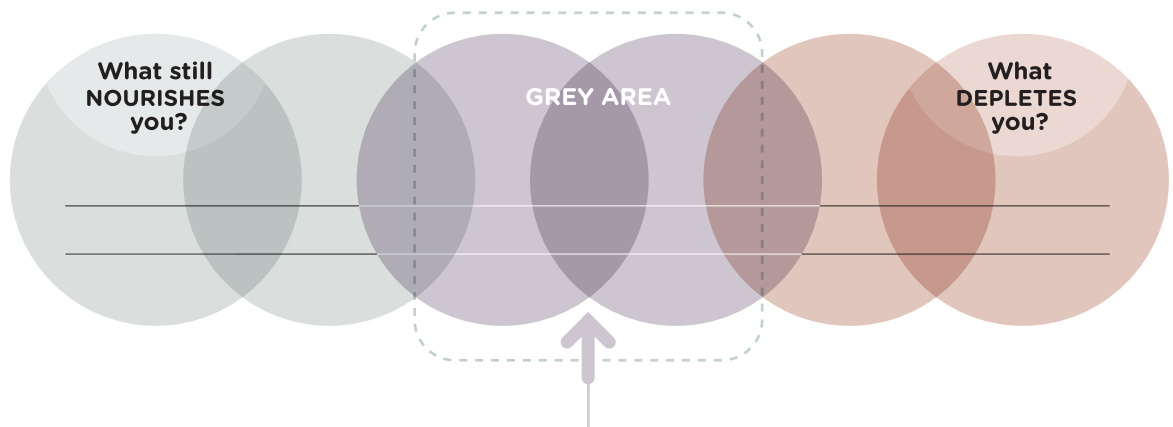
A time when you examined all of the expiration dates on your ketchup, salad dressing, cheese, etc. Don't forget about those boxes of crackers and bags of rice in the pantry. When is the last time you checked those?

The expiration or "sell by" dates that are labeled on our food indicate the optimal time to consume the item. It is during this time that food sustains its integrity and is considered safe to use. Before the date expires, the food is considered "good." After the date expires, the food is considered "bad." However, a lot of us use items after they expire because we consider them good enough to eat and not bad enough to throw away. We don't really know if the food we eat after it expires is nourishing or depleting us.

Just like in our refrigerators, things in our lives have an expiration date. Some come with labels that are clear and easy to read while others are hidden and require us to search for them. The "good" in our life is easy to determine. The "good" motivates us, inspires us, makes us happy, nourishes us, and completely lights us up. The "bad" in our lives is usually easy to determine. The "bad" depletes us, demotivates us, makes us angry or sad, and usually stinks. It is the "not good, but not bad," aka the **grey area** of our lives that has the potential to stunt our growth.

Just like we take the time to examine and clear out our refrigerators, **we need to take the time to examine and clear out our lives.** In order to make room for new, nourishing things to come in, we have to be able to tune in and clear out what has expired.

Use the circles below to tune in to what is still good in your life and what has expired?



Use the overlap to list what you consider not good, but not bad in your life. These are things that neither nourish nor deplete you. They take up space, and you don't really know if they are helping or harming you.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Reflect on your list above. What feelings come up when you think about letting these things go?



UNAPOLOGETICALLY
authentic

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We tend to hold on to things that don't serve us for a myriad of reasons; we don't want to abandon people, we're afraid to let go, the familiar is comfortable, we don't want to be alone, etc. By holding on to that which doesn't serve us, we take up valuable space in our lives.

Go back to your list on the previous page. What would happen if you cleared some of those things out of your life?

When you have a vision for what you want in your life, it is sometimes easier to let go of the things that aren't serving you. What vision are you holding for yourself? *Use the lines below to write down what you are willing to release in order to clear out space for what you are inviting in.*

I am willing to release...

so that I can

invite in...

1.		
2.		
3.		
4.		
5.		