



## Weed the Garden

Weeding the Garden, is designed to remove chaos and drama, create harmony and peace. As well as, to help get more clarity about activities and situations in alignment with your goals, values and priorities.

### **Be an observer of your life;**

What is working for you and adding to the quality of life?

Which are working against you and what you are striving for?

Once you are clear about your goals, values and priorities, go through each area of your life:

\*Relationships

\*Activities

\*Situations

\*The foods/drinks you consume.

\*The things you focus on, watch and surround yourself with.

\*How you handle situations.

\* Past situations where you have not cleared the air, or *cleaned up your side of the street* (sort of speak.) If you need to apologize or take responsibility for something you have done (even if you weren't completely wrong for the whole situation) this will help set you free. There is a big price to pay for needing to be "right."

Notice if you are walking towards your goals or way from them.

Be willing to remove anything that is standing in your way from achieving harmony, peace and wellbeing.