



The Five Realms of Our Lives – WORKSHEET

Thinking through the experience of Shmita, let's ask ourselves:

"What can I release from each realm that no longer serves me?"

"What are the seeds of intention that I can plant in each realm that will nurture my needs?"

Use this worksheet as a tool to help you organize your thoughts around these questions, release what no longer serves you, and usher into your life deeply fulfilling behaviors, people, and experiences.

WHAT ONE THING CAN I LET GO OF THAT NO LONGER SERVES ME?

Physical	
Emotional	
Material	
Relationship	
Spiritual	

WHAT ONE THING CAN I ADD TO MY LIFE TO NOURISH MYSELF?

Physical	
Emotional	
Material	
Relationship	
Spiritual	

WHAT INTENTION WOULD I LIKE TO PLANT?

Physical	
Emotional	
Material	
Relationship	
Spiritual	

WHAT COMMITMENT CAN I MAKE RIGHT NOW TO TAKE MY LIFE TO THE NEXT LEVEL?

Physical	
Emotional	
Material	
Relationship	
Spiritual	

WHAT ONE THING CAN I LET GO OF THAT NO LONGER SERVES ME?

Physical	
Emotional	
Material	
Relationship	
Spiritual	