



SOULS HEALING
HUMANITY

QUIT SH*T LIST

LAURA FOSTER

Hi, I'm Laura



Author, Transformational Guide, Wisdom Worker, and Overall Badass

I have been put on this earth to utilize a unique bullshit-clearing method called Holistic Scaffolding™ and to share it with all who are truly ready to transform their life. I have processed enough of my own drama and trauma that I live a life I love! And with every fiber of my being, I believe that we all DESERVE not just to survive but to thrive, and I hope this workbook helps you through a difficult "failure."

How To Use This Workbook

This workbook is your first step to transforming your life. It has interactive activities you can complete on your computer or tablet or print the pages!

PRINT 'EM OUT

Print each page of the workbook, and then place them into a clear protective cover. Then put the pages into a binder, and fill them out with a dry-erase marker. You can reuse the pages as many times as you want! You can also write directly on them, and print as many copies as you want, but I'd say let's not waste too much paper!

USE A TABLET, IPAD, OR PHONE

Download the pages and upload them to your files. You may use GoodNotes app or any other Notes app on your tablet, iPad or phone. You can write directly on them with a Stylus or Apple pencil. You can make as many copies as you want of each page, and you'll always have it with you!

USE A COMPUTER OR LAPTOP

Download the PDF file on your computer. You can open it using Adobe Reader or any browser. You can use your keyboard to write directly on the PDF as it is an interactive file. Be sure to regularly save your changes, especially before closing the document to prevent losing your edits.

Souls Healing Humanity

Glossary

HOLISTIC SCAFFOLDING™

The 6 platform framework that takes the wisdom of our ancestors and great teachers and puts it together in a modern, easy-to-understand form that can truly transform your life.

FIVE GOLD GOALS

These are goals as taught in the Fed Up, Not F*cked Up book and online course. When you choose to live by the Five Gold Goals, you will always succeed because each of these goals is always obtainable. And, they only rely on you. There is no external force that you allow to interfere. Each goal is a conscious choice.

WISDOM WANDS

Tried and true methods, many of which are variations on ancient practices, will help you shed the human programming that has been holding you back from living your best life.

Souls Healing Humanity

Glossary

LIFE-ALTERING PLAN

It is a process in which you use Holistic Scaffolding™, Wisdom Wands, Five Gold Goals, and Target Practice to come into alignment with your True Self and create a life that you really LOVE! And the best part about it is that once you learn the components from Souls Healing Humanity you become your own Guru and Coach!

TARGET PRACTICE

This is also a concept taught by Laura and Shh (aka Souls Healing Humanity). It is a method in which you set targets to achieve things in your life that bring you closer to alignment with your True Self.

TRUE SELF

It's you without all the bullshit programming. Your authentic self, your spirit, your soul, intuition, gut feeling, higher self, wise MF.

50 Things to Quit by Friday!

The Ultimate Quit Shit List to Take Charge of Your Life

Ever heard of "50 ways to leave your lover?" Well, here are 50 things you need to put on your **Quit Shit List** right Now!

Why is this Quit Shit List so important? Imagine your life as a large glass that is filled to the rim with water, and the water represents all the stuff that you do in your life. If you choose to keep your glass filled with the same old shit, there's simply no room left for your dreams, desires, and passions. It's like trying to fit into your skinny jeans from two decades ago; it's frustrating, sad and just fucking uncomfortable.

Therefore, you've got to quit doing shit and make room for what truly matters. Dump your drama, kick those bad habits to the curb, and let go of those draining people. Make an energetic space for your dreams, your adventures, and your life, designed by YOU for YOU! Remember, a cup runneth over may look and sound impressive, but only a glass that is half full can be filled with **YOUR** magic.

Love
and ((HUGS)),
Laura

1

Quit saying, "I'm not a quitter."

Fuck, there's tons of stuff to quit, keep reading.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

2

Quit blaming your family.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

3

Quit expecting everyone to understand you; they won't.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

4

Quit trying to fit in.
You are not supposed to!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

5

Quit fucking talking so much!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

6

Quit putting poison in your body.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

7

Quit procrastinating;
read the rest of this list right now!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

8

Quit watching the news.
That causes dry heaves and loose
bowels!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

9

Quit worrying about shit that's
never going to happen.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit
List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

10

Quit wishing for things to be
different than they are .

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit
List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

11

Quit numbing yourself.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

12

Quit being so fucking ungrateful.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

13

Quit being angry at people who don't think, look, or act like you.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

14

Quit judging the rich, poor,
homeless, religious, atheists.
You are that, they are YOU!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

15

Quit, believing someone's coming
to save your ass.
You're the only one that can do that.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

16

Quit whining, bitching and complaining. No one wants to hear that shit!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

17

Quit making excuses
not to show up for yourself.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

18

Quit not putting yourself first,
quit believing putting yourself first
is selfish. That's bullshit.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

19

Quit blaming your genetics.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

20

Quit believing you are a weak human; you are not.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

21

Quit hitting the snooze button.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

22

**Quit being a doormat!
Unless of course, you are a doormat,
then be at peace with that.**

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

23

Quit being a Negative Nelly
all the time.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

24

**Quit competing and comparing
yourself with others.**

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

25

Quit nitpicking all of
your perceived physical flaws.
They are what make you unique.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

26

Quit “doing” all the time and just Be!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this “Shit List” item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

27

Quit trying to save others. You can't!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

28

Quit trying to create someone else's reality.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

29

Quit asking for everyone's opinion.
Turn to your True Self,
that wiseass mother fucker knows!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

30

Quit pouting.
You're not in kindergarten anymore.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

31

Quit being so stuck in your ways
that you are paralyzed!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

32

Quit believing the history
we have been taught.
I was written by the victors.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

33

Quit chasing your dreams. Settle in,
do your own fucking work and allow
unlimited abundance to flow to you.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit
List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

34

Quit saying, "Oh, I could never do that." You know what, with language, energy and a belief like that, You never will.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

35

Quit being a know-it-all.
News flash: You don't!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

36

Quit waiting for someone
to love you.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit
List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

37

Quit constantly pressuring yourself
to become more.
You are enough right now.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

38

Quit struggling and
start trusting the universe.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

39

Quit saying,
"This always happens to me."
Nope, it is happening for you!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

40

Quit believing that you know,
without a doubt, what is best for
someone else. You don't; mind your
own fucking business.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit
List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

41

Quit being jealous.
Everyone is receiving precisely
what they need, and you are, too.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

42

Quit being so serious.
Laugh at yourself more often.
Your human does some funny shit!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

43

Quit being a stuffed shirt. Rip off that shirt, burn that bra, and fling off those shoes. Life is short. Have fun!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

44

Quit living in the past or the future.
Depression and anxiety live there,
not in the present moment.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

45

Quit being the family "savior."
The only person you can save is
yourself.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

46

Quit being Drama Queen/King.
Seriously, isn't it time to stop
deflecting and deal with your own
drama?

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

47

**Quit expecting someone
to be something they are not.**

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

48

Quit losing your shit about some
“news story.” It’s a distraction; you
can’t do anything about the news,
and it keeps you from doing your
own work.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this “Shit
List” item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

49

Quit feeling sorry for yourself.
And throwing "Pity Parties,"
newsflash no one wants to attend.

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

50

Quit checking your phone every five seconds. There are no answers there; the answers are found with your True Self!

Does this relate to you?

1 2 3 4 5 6 7 8 9 10

NO

YES

Which emotions do you feel when you read this "Shit List" item?



Contemplate & Reflect

Time to dig deep inside and think about the emotions you're experiencing. Write them down and brainstorm ways that you can QUIT this shit!

In Conclusion

I truly hope this list can be the Kickstarter you've been searching for to transform your life. I want to remind you that, you are the only thing you need to craft a life you love.

If you felt like this workbook just scratched the surface, then I invite you to start my [Unfuckatation 101: Where To Start course](#) where we dive straight into building your own uniquely designed Quit Sh*t List, and we review everything you need to shed so you can welcome in a life you truly love.

But remember, while you are doing your own work, it can be beneficial to walk along with like-minded companions. Join our vibrant community at the [Fed Up, Not F*cked Up Private Facebook Group](#) where shared wisdom nurtures growth and healing. Let's continue this transformative voyage together. Join us today!

Love and ((HUGS)),
Laura

SoulsHealingHumanity.com