




# Decide to De-clutter

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
<b>My Exercise</b>	What will you discard today?
<b>Old Monkey Mindset</b>	Example: "I can't handle not having what I need, and I might need this." 
<b>New Expansive Mindset</b>	Example: "I can cope with the loss of this, even if I need it someday."
 <b>My Higher Values</b>	<p>Underline the values you will honor with this exercise.</p> <p style="text-align: center;">Flexibility      Patience      Trust      Presence</p> <p style="text-align: center;">Spontaneity      Resilience      Courage      Peace</p> <p>Other _____</p>

Complete this section <i>AFTER</i> you do the exercise	
 <b>Negative Emotions Welcomed</b>	<p>Underline the feelings you allowed yourself to feel during this exercise.</p> <p style="text-align: center;">Anxiety      Irritation      Doubt      Regret</p> <p style="text-align: center;">Loss      Anger      Sadness      Panic</p> <p>Other _____</p>
<b>Star Rewards Checklist</b>	<p>Color in a star for each item you checked on the checklist.</p> <ul style="list-style-type: none"> <li>☆ Listened to my AudioCoach before/during the exercise</li> <li>☆ Welcomed negative emotions with my breath</li> <li>☆ Redirected myself to my expansive mindset</li> </ul>