




Decide to De-clutter

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
My Exercise	What will you discard today?
Old Monkey Mindset	Example: "I can't handle not having what I need, and I might need this." 
New Expansive Mindset	Example: "I can cope with the loss of this, even if I need it someday."
 My Higher Values	<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	
 Negative Emotions Welcomed	<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>
Star Rewards Checklist	<p>Color in a star for each item you checked on the checklist.</p> <ul style="list-style-type: none"> ☆ Listened to my AudioCoach before/during the exercise ☆ Welcomed negative emotions with my breath ☆ Redirected myself to my expansive mindset ☆ Used my wristband or other kinesthetic learning tool