



 **CLEAR**
YOUR HEADSPACE

STEP 1 Get it out of your mind and onto paper!

The thoughts in your mind can, oftentimes, sound like shoes in a dryer. It can be daunting. Typically, it's the same thoughts tumbling around again and again and again... hence the analogy. So, let's do some unpacking!

ACTION

Make a list of what's cluttering up your head space. Think: fears that won't let up, complaints, concerns, etc. that are presently in your orbit. Focus on the ones making the most noise and taking up the most space.

STEP 2 Let's go a layer deeper and see what's really there.

It's not your thoughts that are the issue; it's what you are making them mean and what you may believe about yourself deep down.

ACTION

For each item listed, look one layer deeper at what's behind the thought. What are you making it mean about you? Begin each sentence with "I AM" or "I AM A". This step may not seem very uplifting and maybe even a little mean, but it will allow you to get present to what's lurking in your subconscious and unconscious mind, which is necessary to be able to take ownership so you can shift it.

STEP 3 Is it a fact or your interpretation?

You tend to believe everything you think about yourself because you think it, and most of the thoughts are unresolved fears and stories you've created that, over time, began running the show. We all do it. It's time to get radically honest with yourself.

ACTION

Go through each "I AM" or "I AM A" statement. List out... Is it a fact or your interpretation? If you say it's a fact, what evidence do you have to prove it? The evidence has to be real and tangible. If you can't prove it, it's not a fact. You may have parts that want to push back here. (If you are consistently making interpretations facts, it's a great place to receive professional support.)

Disclaimer: If you experience anxiety, depression, suicidal ideation, or any other physical, emotional or mental health challenges, you are encouraged to be supported by an appropriately trained professional and NOT by this tool on its own. No tool can replace professional services.

STEP 4 Are those things you wrote down empowering to you?!

ACTION

It's real talk time. Do you chose to go about your day letting those disempowering beliefs you noticed run the show? Answer YES or NO. If you answer YES, this would be an aligned place to receive professional support. If you answer NO, keep going.

STEP 5 Decide WHO you get to be. Yes, you get to choose!

When we focus on WHO we get to BE, how we show up and what we do unfolds for us.

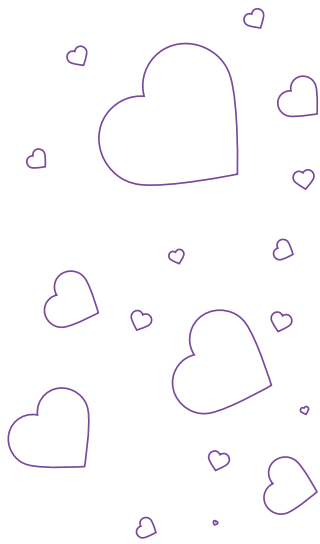
ACTION

Decide WHO you get to be today! Make it YOU! Is it a word like flow? Is it being a surfer who is riding your board of life? It's easy to forget as you get into your day, so choose how you will stay connected to this choice repeatedly throughout your day.

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