

The head trash I am going to clear today is...

DATE

The opposite of this for me is...

What are you most aware of in your mind and body?

MIND

BODY

Before

What are you most aware of in your mind and body?

MIND

BODY

Before

How intense does all this feel out of 10?

1 2 3 4 5 6 7 8 9 10 11

How intense does all this feel out of 10?

1 2 3 4 5 6 7 8 9 10 11

Let the clearance begin!

Let the clearance begin!

Head Trash L H

Within me L H

Others L H

> Others L H

Others > L H

Head Trash L H

Within me L H

Others L H

> Others L H

Others > L H

During the clearance

During the clearance

And now how intense does all this feel out of 10?

1 2 3 4 5 6 7 8 9 10 11

And now how intense does all this feel out of 10?

1 2 3 4 5 6 7 8 9 10 11

If it's more than 3, what is keeping it there? Whatever it is needs to be added to your list!