

The Undo List

Sit quietly with a pen and paper.

Begin to think about all the goals, plans and ideas you have had in your life.

There are 5 categories to look at, one at a time, and in no particular order.

Start with the one you are inspired to start with.

1. Relationships - family, friends, business partners - anyone you have made plans with
2. Career/Financial - past money making ideas, past jobs you wish you had, promotions, etc.
3. Education - planning to return to school for a B.S., B.A., Masters or PhD?
4. Emotional – expectations, hopes and dreams concerning your life and others
5. Health – diet/exercise programs that no longer interest you; list foods you like and don't like

Suggestion: Make a separate page for each category

Instructions: Choose one specific category from the list above, and think about all the goals, plans and ideas you have had in your life relating to that category. Without editing or questioning, write down your first thoughts. They may come in slow at first and may not make any sense, but write down whatever comes to mind even if it sounds crazy. Logic plays no part in this exercise. If a thought comes up, it's a plan running in the background of your mind. For example, in the Career category, you may have had plans to start a business, but it never happened. Chances are you're still thinking about what could have been instead of letting it go. Another example, in the Education category, is that you had plans to return to college or finish your PhD, and never did. Whatever it is, **write it down**. If a thought comes up, it wants to be heard. Stick to one category until no more thoughts arise, and then move on to the next. Some categories may fill several pages, while others might have one or two entries.

Once you are done, **go back and cross off the items you no longer want or are no longer working on**. Draw a line through each idea, plan or goal and really feel how complete they are. Keep only the ones you want.

This is a strong clearing exercise and can be done as often as you like. We are adding to our goal list, our mental "to-do list" everyday whether we realize it or not. This exercise is like peeling away the layers of an onion. You will get to the core of who you are today, not who you think you are or who you once wished you could be, do or have. You'll make room for new ideas to come forth, ideas that build upon the positive changes already occurring in your life.

Warning of Possible Side Effects: The chatter in your head will quiet down and day-to-day activities will become more enjoyable. This exercise has the potential to give you a deeper level of happiness and a good night's sleep!

