

Exercise

Create More Space in Your Mind

Sit in a comfortable and quiet place. Take a sheet of paper. Focus on your thoughts and feelings. Try to write down all your thoughts, starting with tasks and ending with feelings. Don't analyze your thoughts and don't think too much about them, just write down everything that comes to mind at the time, and use the questions below.

1

TASKS, THOUGHTS, IDEAS

Write down all your thoughts, tasks, ideas you currently have in your mind. Ask yourself: what should I do today or in the near future? What ideas am I carrying in my head? What thoughts are constantly on my mind? What projects, business, work?

Example

Finish project X
Create a proposal for my client
Congratulate my friend on his birthday
Clean the house



2

DESIRES, DREAMS, GOALS

Write down all your desires, dreams, and goals. Ask yourself: what do I want to achieve in the near and distant future? What do I dream of learning, doing, buying? What desires do I carry in my mind that I would like to fulfill?

Example

Buy my dream house
Learn how to plan better
Visit 3 new countries
Achieve sales goals
Start a new business



3

FEARS, DOUBTS, WORRIES

Write down all your fears, doubts, and worries. Ask yourself: What am I afraid of? What are my biggest fears? What do I worry about every day? What do I doubt? If I could make my biggest dream come true, what obstacles and fears would I face?

Example

I am afraid to speak in public
I don't know if I'm capable of achieving my goals
I don't know how to start
I'm afraid to fail



4

FEELINGS, EMOTIONS, PHYSICAL SENSATIONS

Write down all your feelings, emotions, and physical sensations. Ask yourself: How do I feel? Maybe because of some of my thoughts I feel certain feelings like shame, guilt? Or maybe the opposite: love and joy? Does it cause me body sensations like neck tension or headache?

Example

I feel sad
I feel headache when I think about my idea
I feel anxious and tired
I feel confused



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Pay attention if your head is full enough, you may need more space, use a sheet or several to each point. The most important thing is to completely remove everything from your head.

1

TASKS, THOUGHTS,
IDEAS

2

DESIRES, DREAMS,
GOALS

3

FEARS, DOUBTS,
WORRIES

4

FEELINGS,
EMOTIONS,
PHYSICAL
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1 TASKS, THOUGHTS, AND IDEAS

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DESIRES, DREAMS, AND GOALS

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FEARS, DOUBTS, AND WORRIES

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4 FEELINGS, EMOTIONS, AND PHYSICAL SENSATIONS