

# *5 quickie questions to decide if you can let that shit go!*

1 What is making you Sad, Depressed, Bloated, Tired (etc)? In short, why are you feeling Negative, & less than Optimal?

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2 Can you get out of doing, being, saying, eating, preparing for it? Can you stop it from happening? Can you pass it on to someone else, give it up all together? (It's a Yes or no)

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If Yes ~ Then Great! Do that Now & Move onto #4 :) If No ~

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3 How can you make it more manageable, Find Pleasure in it, Get it done faster or with less effort, etc? Anythin you can think of to put a positive spin on it.

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4 What makes you Happy, Joyful, Energized, Calm, Excited, Passionate, Loving, On Purpose?

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5 How can you do more of that? Find more time these things now

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