

# Declutter for Change

## Mind Purge Mastery

### Day 1 - Purge to Paper

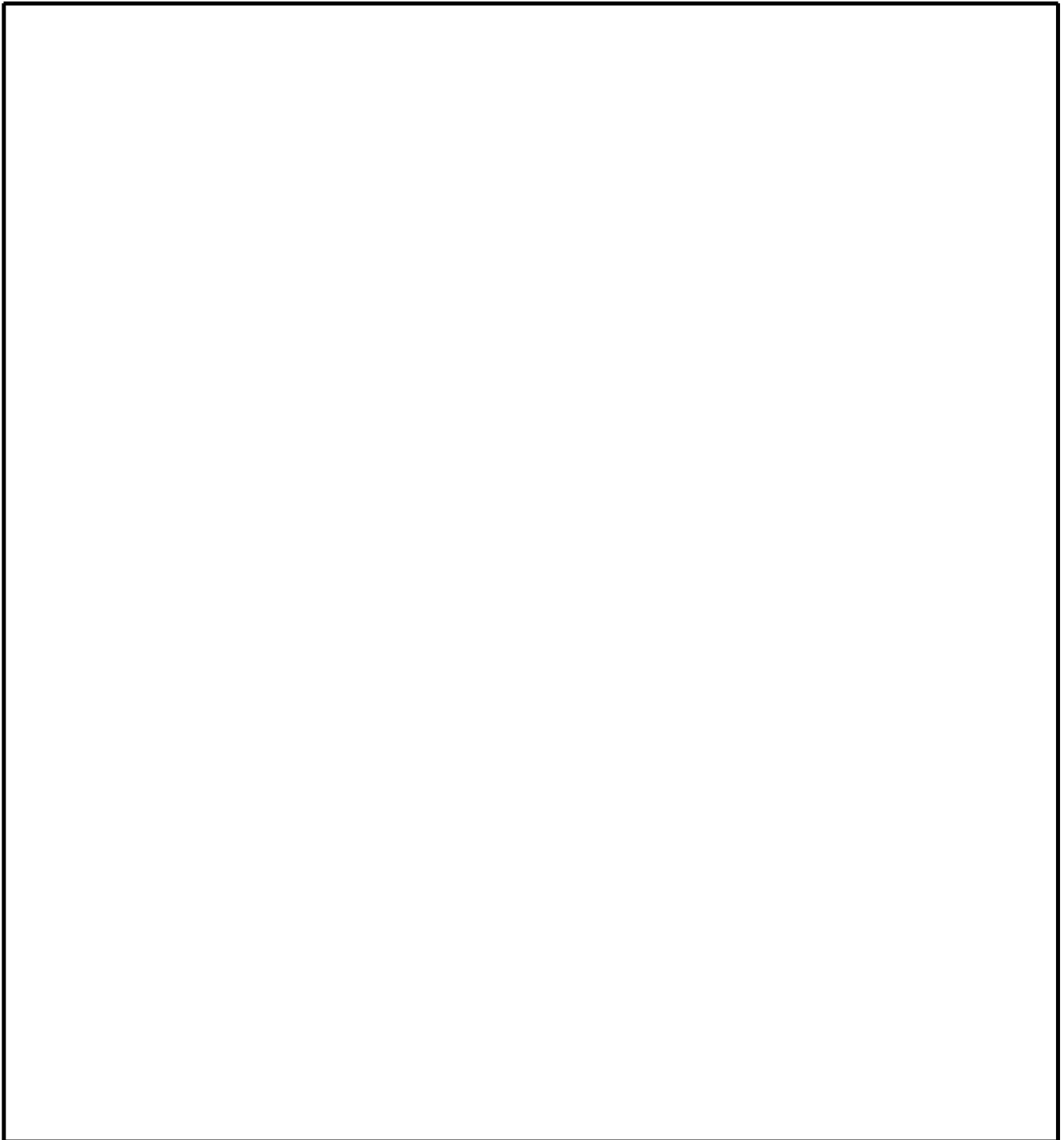
Here are just a few Mind Purge prompts to get your thoughts out of your head and onto the paper.

- What calls do I need to make?
- Is anyone's birthday coming up? Did I miss any?
- Have I prepared my taxes?
- How do I currently feel today? Why?
- What task(s) did I miss doing last quarter? last month? Last week? Yesterday?
- What groceries do I need this week? Toiletries?
- Is my medical history up-to-date? My family's?
- Are there projects in the home that need done? Outside?
- When was the last time I took care of myself?
- How do I feel about social media right now? The news?
- What am I grateful for today?
- What has me worried?
- What am I most afraid of currently?
- What am I most proud of when it comes to my life? My business?
- How is business going right now?
- What do I wish was different with the business? Life?
- Have I upgraded all my software on my phone? Computer?
- What bills are coming up? Any bills late?
- Is my car's servicing up-to-date?
- What do I need right now to feel safe? Loved?

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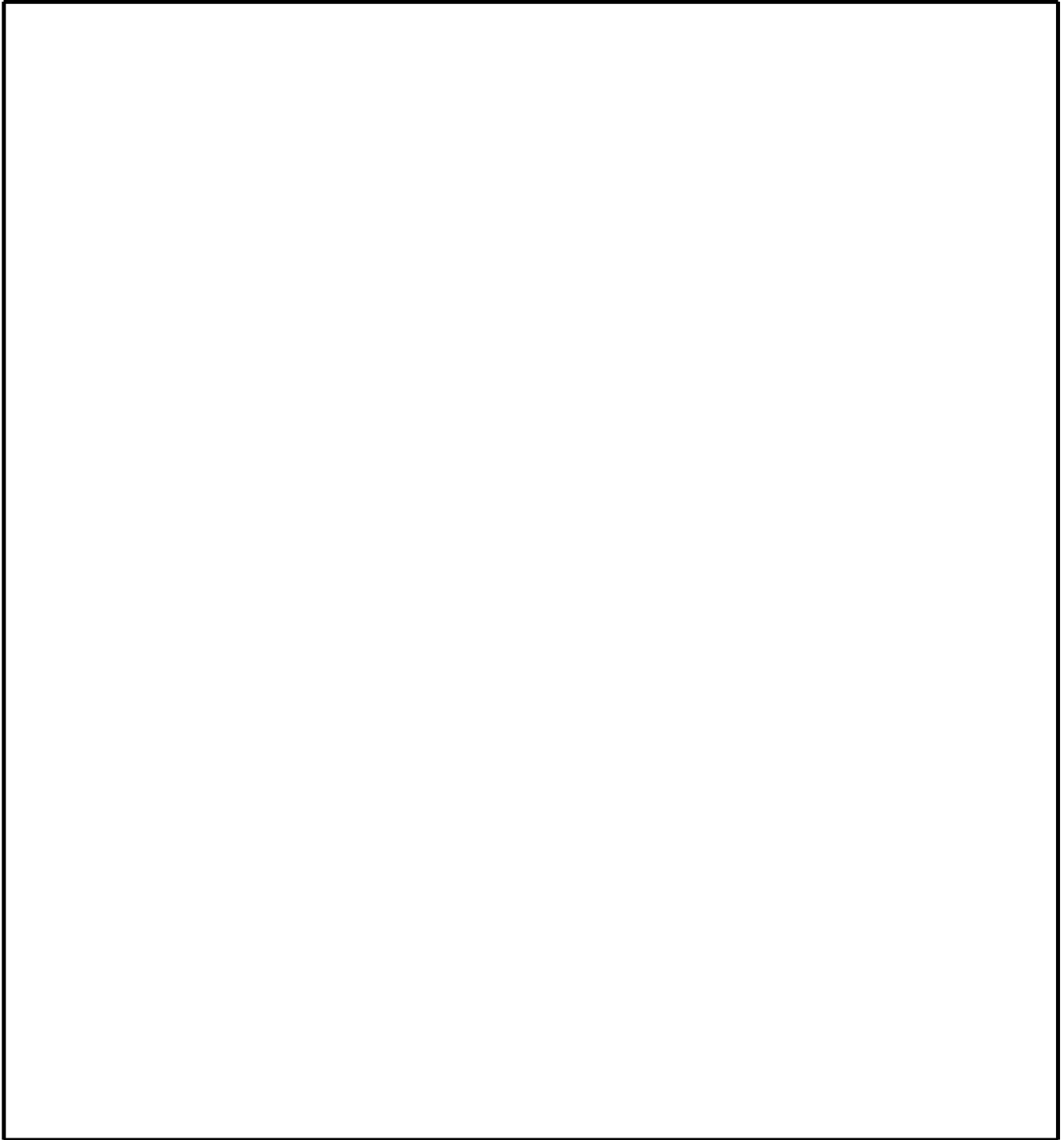
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A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write down their thoughts or a list of items to be purged during the 'Purge to Paper' exercise.

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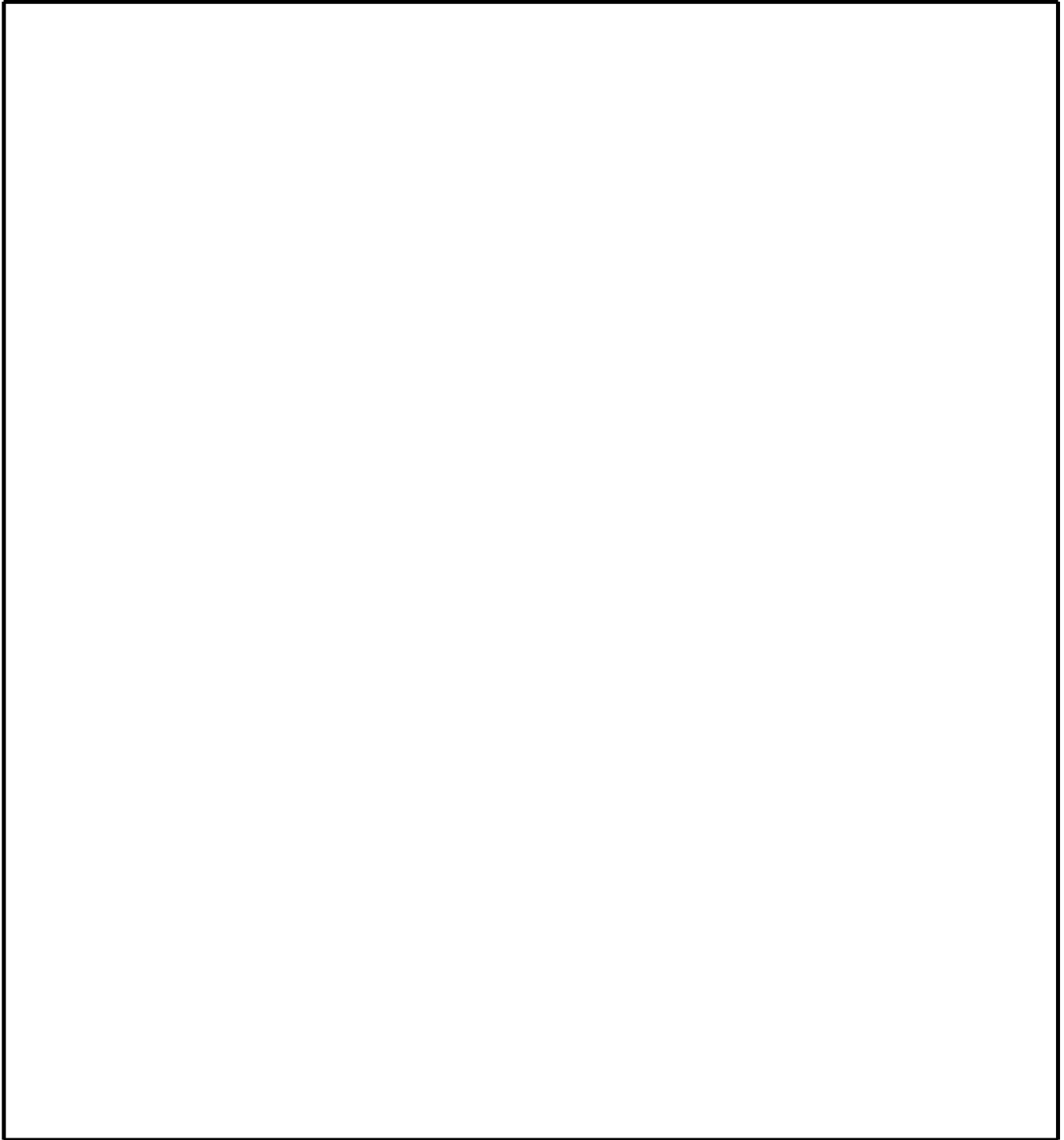
### Day 1 - Purge to Paper

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write down their thoughts or a list of items to be purged during the 'Purge to Paper' exercise.

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A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write down their thoughts or a list of items to be purged during the 'Purge to Paper' exercise.