Mind Alchemy Day 13 – Clearing Your Mind

Today you are going to dump every single thing that you have to do this week and put it down on paper. I mean every single little thing.

You'll find that once you have completed them, a weight will have been lifted from your mind, and you will feel a little less lighter.

Once you have completed the list, go through them one by one and start doing them, and tick them off once you have completed them. This is another great tool for rewarding yourself, seeing all those little ticks in the completed box below.

Task	Completed