

Shed Happens!

Time to shed! Life piles on expectations, overthinking, people-pleasing, weird guilt about unread emails... you name it. This exercise is your permission slip to drop it like it's autumn.

Releasing even one mental burden on paper into the wind, the trash, or fall bonfire flames helps clear emotional clutter. Clearing your mind of old beliefs and ideas creates space for new joy, curiosity, and creativity.

Bonus: it's a great reason to build a fire.

START SHEDDING...

- Write down the thoughts, habits, or worries you're ready to shed. One per leaf. If you are like me and love to cut things out. :-)) But there is no wrong way to do this!
- Cut out each leaf. Or if you prefer, tear it, fold it, ball it up, etc. You do you!
- Let them fall. Literally. Drop them in the trash or toss them into a fire or boiling water. Take a moment to watch them EXIT, whether they burn or disappear under the lid.
- Take a deep breath as you picture the space you cleared for something new.

CONGRATS! NOW, THANK YOURSELF!

Take a minute or two before you move on with whatever is next. Thank yourself for stopping and taking the time to bring order to your thoughts and clarify next steps.

Put it in writing.

A little love note to the YOU that deliberately stopped to prioritize your mental health. Celebrate the fact that you are providing your mind with what you need.

Do not skip over this opportunity to TAKE THE WIN!

Keep this part of the page as a bookmark or reminder of today's Shedding!

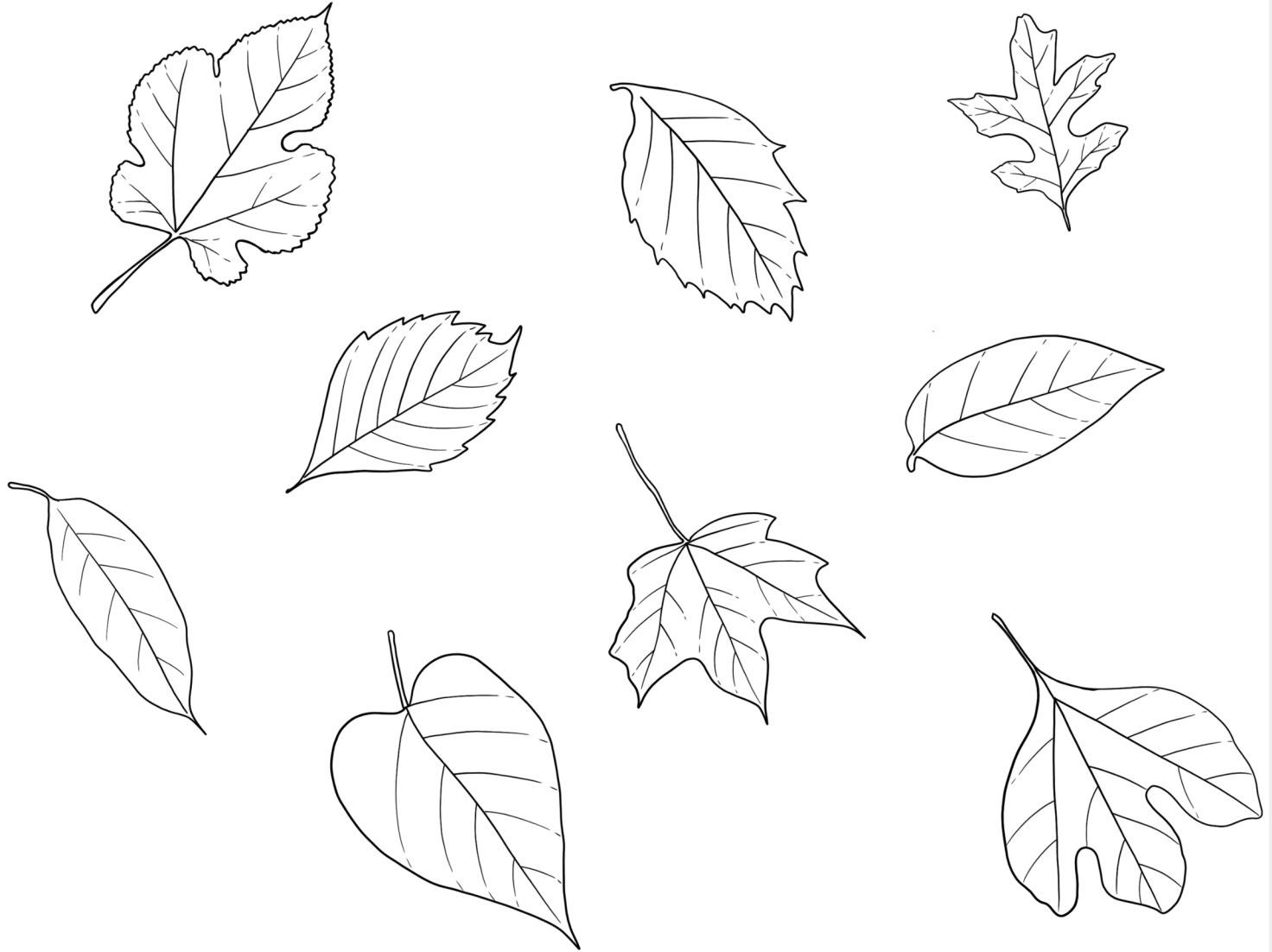
You are a Rockstar! Keep up the good work and feel free to reach out any time!

Cheers! -Beth

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Dead Leaves:



CELEBRATE!

