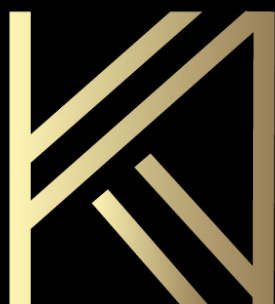


October



OCTOBER HOW TO MANAGE YOUR LIFE AND YOUR WEALTH

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RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH

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Major Lessons We Will Read, Learn, and Discuss This Month

1. Manage Your Mind
2. What's Going On in There? The Art of the Eavesdrop and the Thought Download
3. Circumstances and Facts Management
4. Thought Management
5. Feeling Management
6. Actions Management
7. Results Management
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9. Your House Management
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11. Your Desk Management
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Manage Your Mind

Manage: To be in charge of, supervise and administer, or run.

You have thoughts that run subconsciously because they are efficient and repetitive.

Your brain is filled with thoughts. Sixty thousand thoughts per day.

Imagine that many thoughts in a room. Whoa.

You have thoughts that run subconsciously because they are efficient and repetitive.

For example: Lift up your leg. Fall forward. Set it down.

These repetitive and programmed thoughts that serve us don't need to be Managed deliberately—our brain does that very well.

The repetitive and programmed thoughts that don't serve us do need to be managed. Think of them as the thoughts stuffed away at the back of the closet. They seem harmless because you don't really know what's in there; you aren't really paying attention. But these thoughts are continuously creating unwanted emotion in the background. We need to pull these thoughts into our consciousness and make decisions about them.

Is this thought serving me?

Do I really want it?

Is it current or outdated?

We will use these same three questions as we go through this entire month and manage our minds and our lives.

You also have thoughts that are conscious. These are new thoughts you are thinking on purpose. Often, these are judgments about daily things, thoughts about the present, and thoughts about the future.

Depending on how much thought work you have done, these thoughts might be very deliberate and useful, or they might be more like daydreaming and indulgent. You will definitely want to manage these thoughts on purpose. Ask yourself the three questions...

Is this thought serving me?

Do I really want it?

Is it current or outdated?

The more aware you are of your thinking, the more you can make conscious choices about how you want to think. Being aware is the best way to manage your mind at the highest level.

You will notice that with all the work we do this month, we will first become aware of what we have, make decisions based on the three questions, and then learn how to say goodbye to what we don't want and create what we do want.

1. Become aware.
2. Ask three questions—make a decision.
3. Say goodbye.
4. Create what you want.

What's Going On in There? Elevate Your Alpha and the Thought Download

You need to step out of the mess so you can have a look and then start making decisions.

As you will see, I have a process for managing anything.

I use the same process to manage my mind and my wealth.

When it comes to the mind, the best way I know to start is to use your Alpha and the thought download.

Eavesdropping on your own mind is a skill you must develop.

It's very hard to manage from within a mess.

You need to step out of the mess so you can have a look and then start making decisions.

When you are in your brain, you are at the effect of your thoughts, and it's very difficult to recognize that everything going on in there is a choice.

First, watch yourself think.

You have to shift from merely thinking to thinking about your thinking.

It's a subtle shift.

Let's try it now.

What are you thinking about?

Answer the question.

Now, notice that you had to pause.

You had to shift your perspective.

This is an important step to take before a thought download. It will make your model work much easier.

Doing thought downloads is not just about getting it out of your mind and onto paper, but doing it in a way that objectifies the thoughts for what they are.

Often, my clients write their thought download as a journal entry or a letter of sorts. When they do this, the whole time they are writing, they are filled with the emotion of the story they are telling.

When you make the shift to Alpha, you simply write down all the sentences you see in your mind without being severely emotionally affected by them.

This is the art of the thought download.

Doing thought downloads is not just about getting it out of your mind and onto paper, but doing it in a way that objectifies the thoughts for what they are.

You are not thinking your thoughts.

You shift to *observing* your thoughts and then writing them down.

Circumstances and Facts Management

Any time you are overwhelmed with thoughts and emotions and you do a thought download, you can then simplify it and manage it within seconds.

Writing down facts is the BEST tool for managing I have ever used.

It simplifies and clarifies everything.

Long, messy, and dramatic stories can become three sentences.

Complicated and confusing thoughts become one simple fact.

As we go through this month, I will have you do two different exercises with facts.

First, I will have you make a list of the facts of your life. What are the big facts as they apply to your past, present, and future?

The list will be clean, minimal and will feel uncluttered.

Then I will have you practice pulling facts from any thought download.

Any time you are overwhelmed with thoughts and emotions and you do a thought download, you can then simplify it and manage it within seconds.

It takes a huge mess and straightens it right up, putting everything in its place.

You will only write facts.

Facts are things that everyone agrees on.

Facts are devoid of adjectives or adverbs. They have no drama and no emotion. They are minimalism for the brain. They leave one dish on the table and one fork in the drawer.

Facts provide space and room to breathe.

Here are some examples of facts:

I'm a human.

I had two parents.

I'm married.

I'm alive.

I'm breathing.

I speak words.

I have a house.

I have a child.

I had a conversation.

I heard someone say something.

My heart is beating.

I have different vibrations in my body.

Thought Management

With so many thoughts per day, we have to get a closer look in order to get managed.

We do that with the thought download.

Then we take each thought and apply the questions.

Is it serving me?

Do I really want it?

Is it current or outdated?

I'm going to warn you—these questions DO NOT apply to the circumstance or the situation. They only apply to the THOUGHT.

When you ask these questions, make sure you have a sentence in mind, not just any “problem” you're dealing with that you aren't recognizing as a thought.

For example, let's say your wife yelled at you about the kids staying up late, and you thought she was rude and disrespectful.

You are NOT asking these questions about your wife's behavior.

You are asking these questions about the thought: She is rude and disrespectful.

Does that THOUGHT serve you?

Do you really want THAT THOUGHT?

Is THE THOUGHT current or outdated?

Rooms get dusty
and messed up,
and just like your
brain, you need
to manage them
regularly.

Once you ask these questions about your thinking, you can decide to eliminate the thought or keep it.

Keep going until you have covered all of the thoughts in your download.

If you need to bring in new thoughts to practice, say goodbye to the thoughts you have been thinking, and start creating and practicing the ones you want to think.

Keep straightening up your brain of thoughts like you would a room that you want to keep clean and managed.

Rooms get dusty and messed up, and just like your brain, you need to manage them regularly.

The daily and weekly exercises I offer this month will help you truly manage your mind in the most effective way.

Feeling Management

Have you ever thought of feeling management?

I like to think about feelings in a very simplified way.

You are either having a positive emotion or a negative emotion.

When you understand that your life will be about 50/50, you don't have to judge each emotion as you manage. You simply make a note.

You don't get freaked out or upset when the car gets dirty—you know that's just part of the deal. The car is clean, it gets dirty, and then it gets clean again. Repeat.

We aren't exasperated by the car unless we don't bother to clean it. Then that car begins to fester. It gets nasty and starts to smell. It becomes a big problem when we ignore it or avoid it.

Half the time, we have positive, and half the time, we have negative.

This month, I will have you look at this in a macro way and in a micro way.

I want you to see that you feel great overall about half of your life and experiences, and not so great about the other half.

I will then show you how to see this taking place every day.

You will become aware of what you are feeling over a couple of days, and you will see how, by paying close attention, you can manage and clean up messes much faster.

If you stay on top of management, you never have to get buried under the weight of too many overwhelming emotions.

If you stay on top of management, you never have to get buried under the weight of too many overwhelming emotions.

Is this feeling positive or negative?

What is the thought that causes it?

Once you have identified it, you can follow the same process with other thoughts to manage and manage your emotions deliberately.

Actions Management

This is where so many of you lose the plot.

You fall into one big pile of busy.

When your actions aren't managed, you're reactive to every single thing there is to do.

You're running around trying to get it all done without a plan and without any deliberate thought.

I want you to start thinking about actions in two ways: actions fueled by positive emotions and actions fueled by negative emotions.

So many of our reactions and inactions are coming from unconscious negative emotion.

This exhausts us.

We end up with less than we want in terms of results.

Now, remember that half the time, we will have negative emotions.

If we aren't paying attention and managing our emotions, we can't make the change to fuel ourselves in a different way.

When you consciously decide to fuel your life well, you will energize your body and your mind.

This will allow you to get so much more done in a shorter amount of time.

When you
consciously
decide to fuel your
life well, you will
energize your
body and your
mind.

We will uncover the big actions you have taken in your life, and you will know what fueled those actions.

Then we will take it to a micro level and look at your daily life. What are the actions you take in a given day? What are the attitudes and emotions fueling those actions?

Part of your brain will continue to generate negative thoughts and emotions. It is your job to generate positive, energizing emotions to get your work in the world done.

Results Management

When you take time to manage your past to make it pleasing, much as you would Manage your house, you begin to understand how powerful this work can be.

This one is a game changer.

All too often, we don't manage our results in a way that serves us.

We spend way too much time thinking about and rehashing the results we label as failures.

That didn't work.

I've never been able to do that.

I got hurt doing that.

That has never worked out for me.

Yeah, I tried that once.

We give ourselves very little credit for the awesome results we have produced so far in our lives and even in our day.

When you take time to manage your past to make it pleasing, much as you would manage your house and wealth, you begin to understand how powerful this work can be.

Imagine if you kept every single broken item you had ever owned in your house.

Let's say one of your computers broke one day, just stopped working.

Instead of fixing it or getting a new one, let's say you took that "result" and displayed it in the foyer. . .

And the rest of your house was filled with all the broken, unfinished, and old things that were no longer serving you at all.

Your house would be messy, cluttered, and full of broken things.

Well, that's what most of you are doing with your minds. You are displaying all the broken bits. You are putting them front and center in your home and setting them on the mantel.

Start considering the idea that you only have to keep displaying things in your mind that you want to display.

Ask yourself these three questions about all the results you are allowing to be included in your current brain:

Is it serving me?

Do I really want it?

Is it current or outdated?

Keep all the things you really STILL love, not the outdated things that you used to love.

Make sure the results that inhabit your mind on a daily basis serve you and are results you really want to have around.

It truly is a choice what you keep in your brain.

You can make room for those thoughts from your past that you want to keep and clean out the rest. You can create a story that serves you for the rest of your life.

One of the stories I decided to let go was one I was telling myself about my career from over 20 years ago.

I had the result of: That career didn't work out. This result was on display in my brain.

It truly is a choice
what you keep in
your brain.

I decided to let it go. I decided to think instead: *I have been preparing for this career for 20 years.*

It was like replacing a dingy towel with a brand-new one. Wow. What a difference. It wasn't even hard to do, but it made a huge difference.

As a practice, spend time reviewing the wonderful, positive results you have and are creating in your world. They can be big or small. They all matter, and they all deserve a bit of your attention.

Manage Your Life

You need to start managing your mind before you start managing your life; otherwise, the changes will only be temporary.

Remember that life is made up of the internal *and* the external.

The thoughts in your brain will create the reality in your life.

You need to start managing your mind before you start managing your life; otherwise, the changes will only be temporary.

Have you ever spent a bunch of time cleaning something up only to have it get messy again a few weeks later? That's because you didn't get to the thought work that's causing the mess in the first place.

That's what the thought work I just taught you will do.

But now, I want to tell you how to get your life in order.

Yes. Being managed matters. A lot.

It's all about increasing awareness and living deliberately.

I get questions all the time about my house and my office.

"How do you stay so managed?"

"Where is all your stuff?"

"What does a typical day look like?"

The answer is that I'm very managed, I know how to say goodbye to things, and I make it a priority to do the work.

Good is the enemy of great.

There isn't enough volume of good to become great.

Many people believe that if they keep all the good stuff, it will add up to great; but really, it just adds up to too much stuff.

This is true with all things in our minds and all things in our lives.

Moderation creates mediocrity.

A little of everything is just too much.

So we have to DECIDE.

We have to say GOODBYE.

Being managed
matters. A lot.

These are the two reasons most people have cluttered lives that are simply too much.

Being managed requires the emotional adulthood skill of clarity.

Many of my clients tell me this:

"I just don't know what to do with all of it."

"I just don't know where to begin."

"I just don't know if I can let it go."

"I don't even know how."

Indulging in confusion is like having too much dirt in our homes. It keeps us coughing and upset and not taking action to change it.

The great news is that going through the process of managing your life will help you develop the metaskills of cognitive mastery and emotional ownership, including making hard decisions and saying goodbye.

Let's take it one area of your life and wealth at a time. . .

Your House Management

Your house is usually a direct reflection of your brain.

The two main places you reside are in your brain (internal) and in your wealth (external).

Your house is usually a direct reflection of your brain.

When I meet clients who are overwhelmed and stressed out, their homes show it.

When I work with clients who are living in an unconscious way, there seems to be tons of hidden corners in their homes filled with unusable stuff.

I want you to think about your house right now.

Is it managed?

Can you find things?

Do you know what you have?

When is the last time you really did a thorough examination?

Think about the garage.

The closets.

The attic.

Your storage areas.

The drawers in your desk.

Are you feeling overwhelmed right now?

Pay attention to that. It truly does matter.

There is nothing in
your home that
you have to keep.
Nothing.

I want to help you have a house where every
single thing serves you.

You WANT it there, and you like your reason.

It SERVES you and your family members.

It's CURRENT—the best version of it for you.

There is nothing in your house that you have to
keep. Nothing.

You don't have to keep the blanket your grandma knitted you when you
were five.

Keeping it does not MEAN anything.

It doesn't make it valuable.

It doesn't make you love her more.

It doesn't make your memory better.

Things aren't people.

Things aren't love.

We can keep memories and ideas and still say goodbye to things.

You don't have to keep the half used bottle of aftershave in case you need it
again.

You can let it go.

Planning for that rare time you'll use it is not a good use of your space and your time.

You can buy the after shave again if you need it. No problem.

It's not any more wasteful to let it go than to keep it.

If you AREN'T USING IT, you are wasting it.

Just because you keep something doesn't mean you're using it.

How much waste do you have cluttering up your space right now?

Something passes the "Is it serving you?" test if you have used it in the last year or know for sure that you will use it in the coming year.

Otherwise, it's not serving you.

Say goodbye.

As we go through the month, I'll break down certain rooms that tend to be problems, but you can follow this process with each and every space in your home.

It's the same process we use for our minds.

Here it is:

1. Become aware.
2. Ask three questions—make a decision.
3. Say goodbye.
4. Create what you want.

Step 1: Take every single thing out and put it in a pile. This is the equivalent of a thought download.

You will NOT want to do this.

You'll want to stay in the status quo, and you'll tell yourself that you don't have the time.

Be strong, require yourself to answer, and make a decision.

Remember that there are no wrong decisions.

Do it anyway.

I recommend that you give yourself a time frame to get it done.

Don't allow it to take any longer than you have given yourself.

Step 2: Ask the three questions for EACH item.

Do this quickly.

Be strong, require yourself to answer, and make a decision.

Remember that there are no wrong decisions. Make a decision and then stand by it and support it.

Based on the answers to the three questions, you will keep it or let it go. Is it serving me?

Do I really want it?

Is it current or outdated?

If you're keeping it, put it away where it goes.

Step 3: Say goodbye.

Goodbye requires strength.

You have it.

If you're letting it go, say goodbye.

If you have trouble saying goodbye, work on this. I have created an entire podcast to help you.

My suggestion is that you put it in a box or throw it away.

If someone might use it, put it in a box and DONATE it.

It's OK if it's valuable. It's OK if you never once used it. Put it in the box and donate it to charity.

This is NOT a confusing step. Do not let your brain tell you that it is.

Don't have a garage sale or put it on Craigslist.

It will slow you down way too much.

Give it away for someone else to use.

It's been wasted in your home. Let someone else have it.

Your relationship with the item is complete.

Take a photo if you want to remember, and then say goodbye.

Be an adult. It's just things. It's just stuff.

Saying goodbye requires strength. You have it.

Step 4: Create what you want.

Now that you have gotten rid of what you don't want, you have space for what you do want.

Look at the area you're managing. What do you want?

What is the purpose of the area?

Do you have room in there for the future?

Have you made space for more abundance?

Allow empty shelves.

Allow open closets.

Embrace minimalism with clear countertops and or "sparsely filled drawers"

Make room for air in your life.

Make room to breathe.

Specific Spaces

New, fresh ideas
come when there
is space.

Throughout the month, we are going to be managing spaces one by one in your life.

I have thoughts about each area of importance, which I will share with you here.

Please don't confuse yourself and try to be a special case. This is your brain indulging in inaction.

Trust me on this one.

Clean out your brain and your life. Make room for what you want. This is your WEALTH.

New, fresh ideas come when there is space.

Your Car Management

Keep your car clean.

Once a week. Inside and out.

Everything in the console and the glove box has to earn its space.

Is it serving me?

Do I really want it?

Is it current or outdated?

Yes? Keep.

No? Goodbye.

Period.

This is a FAST process.

Move to the trunk.

You should be able to give anyone a ride in your car at any time without apologizing.

Is it serving me?

Do I really want it?

Is it current or outdated?

Clean it out.

Then, once you have a clean and Managed car, keep it that way.

Every single time you get out, take the garbage, wrappers, and items you aren't using out with you.

Your Desk Management

Take everything off and out of it.

Yes, that includes your computer and your keyboard.

Unplug all of it.

Separate the cords.

EMPTY ALL THE DRAWERS OF EVERYTHING.

Make a pile.

Clean your empty desk. Clean the back.

Vacuum the drawers.

If you can move the desk, do so.

Clean underneath.

Then go through the three questions on every single item.

You don't need 50 pens—you need three, max.

You don't need all those paperclips—maybe ten.

Have you used it in the last year?

Will you use it this year?

If the answer is no, it goes.

Go through every single paper.

I highly recommend you get the important ones scanned and shredded. A paperless office is the way to go.

Put it all in a folder on your computer desktop. Done.

Photos are so hard to throw away, so I took a huge box of photos and sent them to a scanning company. I had them scan the photos and then throw them away. Now I have everything on my computer.

Don't wait until you have time to scan them yourself. That time will never come.

You want your desk to be as empty as possible.

Put a few pretty things on it, a few useful things on it, and you're done.

Your Office Management

One shelf and drawer at a time. Take everything out.

Clean inside.

Ask the three questions about each item.

Is it serving me?

Do I really want it?

Is it current or outdated?

Have a box for charity.

You don't need
two of things. One
is enough.

You don't need two of things. One is enough.

Keep things you use at least once a year.

Tell yourself the truth.

Keep things that match and make sense.

If it is broken—charity.

If it doesn't work correctly—charity.

If it's ugly or not useful-charity.

How many do you really need?

That junk drawer? Go through every single thing.

Empty drawers
are a magnificent
luxury.
Be willing.

Use your best stuff.

Take care of it.

All the stuff you have in the back or in the upper
cabinets that never gets used is gone.

Say goodbye. You can do it. Be strong.

Leave some space in your office for clarity.

Empty drawers are a magnificent luxury. Be willing.

Your Closet Management

Closets are like secrets. You hope no one ever opens the door.

I love an empty closet. No secrets.

In my house, my guest closet is completely empty except for two robes.

It's open, awaiting my guests and their clothes.

My linen closet has only matching sets of linens that work on the beds I currently
have.

All my towels are fresh and match each other; all of them are folded and easy to
access.

Do you know what's in your closets?

I think closets are the best places to start.

Pick any closet in your house and give yourself two hours.

You will feel so awesome when you're done.

Follow the process.

Decisiveness is a
wonderful skill.
Practice it here.

Take everything out of the closet and put it in a pile.

Wipe down and vacuum the closet.

You might even want to touch up the paint.

Go through EACH item and ask the questions.

Make decisions.

“I don’t know” is not allowed.

“Maybe” is not allowed.

It either goes back in the closet or in the charity box.

Follow the one year rule. Did you use it last year, or are you for sure going to use it this year?

If not, donate.

Put everything back in its place.

If it doesn’t fit, you don’t have room for it, and you need to let it go.

You should be able to move clothes easily and see everything easily.

“Just in case” is a scarcity thought. Please don’t drag anything along just in case.

Decisiveness is a wonderful skill. Practice it here.

Once your closet is managed, take a trip to donate your boxes and enjoy it.

Storage Management

Can we talk about storage?

The storage industry fascinates me.

If you have a storage unit, empty it out and stop paying for it immediately. That is not negotiable.

We literally pay money to someone for stuff we aren't using.

How do we justify this to ourselves?

I love watching the shows where they buy storage units and go through the items.

The stuff that people cram into these containers to NOT USE blows my mind.

We should not be allowed to have storage units. Period. We should be told no.

Storage is for seasonal stuff only. You have to use it at least once a year. And the storage has to be in your home, where it doesn't cost you extra money.

Camping gear, holiday decor, summer equipment, winter equipment, etc.

Follow the rule of one year. Did you or will you use it within the year? Otherwise, let it go.

No one wants to go through your storage when you die.

I know.

I have done it.

If you don't want to go through it, you can imagine how someone else wouldn't want to.

If you have a storage unit, empty it out and stop paying for it immediately. That is not negotiable.

If you have an attic full of stuff, pick a day on your calendar to get it cleaned out.

If it's in your attic, you don't need it. It's not serving you. Don't keep it.

Garages are a terrible place for storage.

The bigger you
think this job is,
the more it needs
to be done.

Some days when I'm driving in older neighborhoods, I cringe at the years' worth of storage I can see in people's garages.

It's clear that the stuff is simply balanced on the other stuff, and it hasn't been touched in years. This wears on the psyche.

Follow the process.

Take everything out. The bigger you think this job is, the more it needs to be done. Only put back into the garage the things you want and use—the things that serve you.

The rest? Goodbye!

Put it in a U-Haul and donate it.

I don't care how much it's worth. Really. It's wasted in your garage, and it's wearing on you.

And here's the other thing. . .

Every single thing you have in your home should work.

If it doesn't, it has to go.

Do not keep broken things. It's not good for you.

Put batteries in. Get repairs. Make sure everything is functioning.

Your Life Documents Management

This one is important.

Don't procrastinate.

Do it today.

You need to have an envelope or a box with all the most important information about you.

This is in case you die.

Yep. Plan for your death. Super fun.

I've had to deal with the aftermath of losing too many people, and I have to say, it's not fun searching through their clutter looking for the important stuff.

Get a big envelope and put all of this inside:

- An original of your birth certificate.
- An original of your marriage certificate.
- An original of your social security card.
- A copy of your advanced directive. (If you don't have one, get one immediately.)
- A copy of your will. (Get one.)
- One page summary of all your money and the passwords to access it.
- Life insurance information.
- A list of your advisors—broker, accountant, insurance representative, etc.

Keep this information in a place with a lock, and then let all the important people in your life know how to access it.

You are not confused.

This is simple and easy.

Just get it done.

October Homework and Daily Assignments

I have broken down the homework this month into both Wealth and Life Management. By the time you're done, you will have managed more than you ever have before. You will most likely feel more clarity within your mind than you ever have.

I have asked you to do a daily thought download. This is the equivalent of cleaning up your house a little at a time.

Eavesdrop and then write it down for several minutes.

Then, from the download, answer the daily questions to manage the 60,000 thoughts that are creating your life.

I have also included weekly assignments for your mind and for your life. I have let you pick the actual time frames and the days you do these things, but make sure you get them done.

In Week #1, we're going to evaluate your circumstances and your thoughts at the macro level.

We will also manage at least one closet.

In Week #2, we're going to evaluate and manage your feelings.

We will also manage your car and your desk.

In Week #3, we're going to manage your actions in a very effective way.

We're also going to manage your office.

In Week #4, we will manage your results.

We're also going to take the time to manage your storage spaces.

Let's get started.

Week 1

Pick one closet to manage this week.

Follow the directions to manage it.

Take everything out.

Ask the three questions about each item.

Say goodbye.

Create what you want.

1. Closet I will clean out:

2. When I will clean it out (day and time):

3. Time limit to complete it

4. What I learned from doing this and how I feel (free write here):

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Day 1

1. Thought Download.

2. What are the facts of this download?

3. What are the positive daily thoughts?

4. What are the negative daily thoughts?

5. List some “positive” circumstances from your life. (Do not repeat throughout week.)

6. List some “negative” circumstances from your life.

7. List some positive thoughts you have had throughout your life.

8. List some negative thoughts you have had throughout your life.

Day 2

1. Thought Download.

2. What are the facts of this download?

3. What are the positive daily thoughts?

4. What are the negative daily thoughts?

5. List some “positive” circumstances from your life. (Do not repeat throughout week.)

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6. List some “negative” circumstances from your life.

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7. List some positive thoughts you have had throughout your life.

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8. List some negative thoughts you have had throughout your life.

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Day 3

1. Thought Download.

2. What are the facts of this download?

3. What are the positive daily thoughts?

4. What are the negative daily thoughts?

5. List some “positive” circumstances from your life. (Do not repeat throughout week.)

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6. List some “negative” circumstances from your life.

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7. List some positive thoughts you have had throughout your life.

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8. List some negative thoughts you have had throughout your life.

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Day 4

1. Thought Download.

2. What are the facts of this download?

3. What are the positive daily thoughts?

4. What are the negative daily thoughts?

5. List some “positive” circumstances from your life. (Do not repeat throughout week.)

6. List some “negative” circumstances from your life.

7. List some positive thoughts you have had throughout your life.

8. List some negative thoughts you have had throughout your life.

Day 5

1. Thought Download.

2. What are the facts of this download?

3. What are the positive daily thoughts?

4. What are the negative daily thoughts?

5. List some “positive” circumstances from your life. (Do not repeat throughout week.)

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6. List some “negative” circumstances from your life.

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7. List some positive thoughts you have had throughout your life.

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8. List some negative thoughts you have had throughout your life.

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Day 6

1. Thought Download.

2. What are the facts of this download?

3. What are the positive daily thoughts?

4. What are the negative daily thoughts?

5. List some “positive” circumstances from your life. (Do not repeat throughout week.)

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6. List some “negative” circumstances from your life.

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7. List some positive thoughts you have had throughout your life.

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8. List some negative thoughts you have had throughout your life.

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Day 7

1. Thought Download.

2. What are the facts of this download?

3. What are the positive daily thoughts?

4. What are the negative daily thoughts?

5. List some “positive” circumstances from your life. (Do not repeat throughout week.)

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6. List some “negative” circumstances from your life.

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7. List some positive thoughts you have had throughout your life.

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8. List some negative thoughts you have had throughout your life.

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Week 2

Pick one day to manage your car this week and another day to manage your desk.

Follow the directions to manage it.

Take everything out.

Ask the three questions of each item.

Say goodbye.

Create what you want.

1. Car I will clean out:
2. When I will clean it out (day and time):
3. Time limit to complete it:
4. What I learned from doing this and how I feel (free write here):

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1. Desk I will clean out:

2. When I will clean it out (day and time):

3. Time limit to complete task:

4. What I learned from doing this and how I feel (free write here):

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Day 8

1. Thought Download.

2. What are the feelings you are feeling based on these thoughts? Make a list.

3. What are the positive daily feelings?

4. What are the negative daily feelings?

5. List some of the positive feelings from your life. (Do not repeat throughout week.)

6. List some “negative” feelings from your life.

7. What are the feelings you want to use to fuel your life?

8. What are the feelings you want to stop indulging in and why?

Day 9

1. Thought Download.

2. What are the feelings you are feeling based on these thoughts? Make a list.

3. What are the positive daily feelings?

4. What are the negative daily feelings?

5. List some of the positive feelings from your life. (Do not repeat throughout week.)

6. List some “negative” feelings from your life.

7. What are the feelings you want to use to fuel your life?

8. What are the feelings you want to stop indulging in and why?

Day 10

1. Thought Download.

2. What are the feelings you are feeling based on these thoughts? Make a list.

3. What are the positive daily feelings?

4. What are the negative daily feelings?

5. List some of the positive feelings from your life. (Do not repeat throughout week.)

6. List some “negative” feelings from your life.

7. What are the feelings you want to use to fuel your life?

8. What are the feelings you want to stop indulging in and why?

Day 11

1. Thought Download.

2. What are the feelings you are feeling based on these thoughts? Make a list.

3. What are the positive daily feelings?

4. What are the negative daily feelings?

5. List some of the positive feelings from your life. (Do not repeat throughout week.)

6. List some “negative” feelings from your life.

7. What are the feelings you want to use to fuel your life?

8. What are the feelings you want to stop indulging in and why?

Day 12

1. Thought Download.

2. What are the feelings you are feeling based on these thoughts? Make a list.

3. What are the positive daily feelings?

4. What are the negative daily feelings?

5. List some of the positive feelings from your life. (Do not repeat throughout week.)

6. List some “negative” feelings from your life.

7. What are the feelings you want to use to fuel your life?

8. What are the feelings you want to stop indulging in and why?

Day 13

1. Thought Download.

2. What are the feelings you are feeling based on these thoughts? Make a list.

3. What are the positive daily feelings?

4. What are the negative daily feelings?

5. List some of the positive feelings from your life. (Do not repeat throughout week.)

6. List some “negative” feelings from your life.

7. What are the feelings you want to use to fuel your life?

8. What are the feelings you want to stop indulging in and why?

Day 14

1. Thought Download.

2. What are the feelings you are feeling based on these thoughts? Make a list.

3. What are the positive daily feelings?

4. What are the negative daily feelings?

5. List some of the positive feelings from your life. (Do not repeat throughout week.)

6. List some “negative” feelings from your life.

7. What are the feelings you want to use to fuel your life?

8. What are the feelings you want to stop indulging in and why?

Week 3

Pick one day to manage your office this week.

1. Office shelves I will clean out:
2. When I will clean them out (day and time):
3. Time limit to complete:
4. What I learned from doing this and how I feel (free write here):

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Day 15

1. Thought Download.

2. What are the actions, reactions, and inactions you will take based on these thoughts? Make a list.

3. What are the positive daily actions you will take today?

4. List some of the positive actions you have taken in your life. (Do not repeat throughout week.)

5. List some “negative” actions from your life.

6. What are the actions you want to create more of in your life?

7. What are the actions, inactions, and reactions you want to eliminate?

Day 16

1. Thought Download.

2. What are the actions, reactions, and inactions you will take based on these thoughts? Make a list.

3. What are the positive daily actions you will take today?

4. List some of the positive actions you have taken in your life. (Do not repeat throughout week.)

5. List some “negative” actions from your life.

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6. What are the actions you want to create more of in your life?

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7. What are the actions, inactions, and reactions you want to eliminate?

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Day 17

1. Thought Download.

2. What are the actions, reactions, and inactions you will take based on these thoughts? Make a list.

3. What are the positive daily actions you will take today?

4. List some of the positive actions you have taken in your life. (Do not repeat throughout week.)

5. List some “negative” actions from your life.

6. What are the actions you want to create more of in your life?

7. What are the actions, inactions, and reactions you want to eliminate?

Day 18

1. Thought Download.

2. What are the actions, reactions, and inactions you will take based on these thoughts? Make a list.

3. What are the positive daily actions you will take today?

4. List some of the positive actions you have taken in your life. (Do not repeat throughout week.)

5. List some “negative” actions from your life.

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6. What are the actions you want to create more of in your life?

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7. What are the actions, inactions, and reactions you want to eliminate?

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Day 19

1. Thought Download.

2. What are the actions, reactions, and inactions you will take based on these thoughts? Make a list.

3. What are the positive daily actions you will take today?

4. List some of the positive actions you have taken in your life. (Do not repeat throughout week.)

5. List some “negative” actions from your life.

6. What are the actions you want to create more of in your life?

7. What are the actions, inactions, and reactions you want to eliminate?

Day 20

1. Thought Download.

2. What are the actions, reactions, and inactions you will take based on these thoughts? Make a list.

3. What are the positive daily actions you will take today?

4. List some of the positive actions you have taken in your life. (Do not repeat throughout week.)

5. List some “negative” actions from your life.

6. What are the actions you want to create more of in your life?

7. What are the actions, inactions, and reactions you want to eliminate?

Day 21

1. Thought Download.

2. What are the actions, reactions, and inactions you will take based on these thoughts? Make a list.

3. What are the positive daily actions you will take today?

4. List some of the positive actions you have taken in your life. (Do not repeat throughout week.)

5. List some “negative” actions from your life.

6. What are the actions you want to create more of in your life?

7. What are the actions, inactions, and reactions you want to eliminate?

Week 4

Pick one day to manage an area of storage either in or outside your home.

1. Storage I will clean out:
2. When I will clean it out (day and time):
3. Time limit to complete:
4. What I learned from doing this and how I feel (free write here):

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Day 22

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 23

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 24

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 25

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 26

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 27

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 28

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 29

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 30

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

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6. List some “negative” results you have created in your life.

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7. What are the results you want to create more of in your life?

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8. What are the results you no longer want to create?

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Day 31

1. Thought Download.

2. What are the results you will create based on these thoughts? Make a list.

3. What are the positive daily results you created yesterday?

4. What are the negative results you created, if any?

5. List some of the positive results you have created in your life. (Do not repeat throughout week.)

6. List some “negative” results you have created in your life.

7. What are the results you want to create more of in your life?

8. What are the results you no longer want to create?



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RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH