choose your commitment

aka

(declutter your bullsh*t)

a process for letting go of the beliefs, ideas, and commitments that are getting in your way and draining your time, energy, and mental bandwidth

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getting clear

what is it?

Decluttering your bullsh*t is about identifying the beliefs, ideas, and commitments (BICs) that:
- you are holding onto
- are not grounded in the truth
- are taking up time, energy, or mental bandwidth without meaningful results

two hard truths...

1. We all have some level of bullsh*t running our lives. (Me, you, your neighbor. All of us!)
2. Our bullsh*t creates most of our personal and professional suffering.

why does decluttering matter?

You have a finite amount of time, energy, and mental bandwidth to spend. The more of those you spend on bullsh*t, the less you have for the rest of your life.

Three things can happen when you let go of your bullsh*t:
- You right-size how much time, energy, and mental bandwidth you use, creating the space to feel and be less overwhelmed or exhausted.
- You reclaim time, energy, and mental bandwidth to reinvest in relationships and activities that bring you fulfillment, meaning, and joy.
- You stop imposing and working out your bullsh*t on others.

where should you start

This workbook is designed to help you name your bullsh*t, own your bullsh*t, and then choose to let it go (declutter) or hang on to it (commit to it more fully).

find your bullsh*t

The questions on this page are a primer to help you notice where bullsh*t may be at work in your life so you can name it, own it, and choose to keep it or let it go.

name a part of your life that feels difficult, frustrating, or overwhelming

> For example: a relationship with a parent or child, an expectation you have for yourself, anxiety over money (too much or too little), your relationship with your boss, a "bad" habit or behavior.

acknowledge the feeling(s) you have around this part of your life

> Your feelings are never bullsh*t. They are real, and it's essential to acknowledge them. They are a vital source of information about what matters to you and where you might have bullsh*t to declutter.

get curious about what's behind your feelings

> Where are those feelings the most intense?
> What seems to intensify those feelings or make them worse?

name it

What about the situation above is triggering, overwhelming, or difficult?

> [ ]

What is the belief, idea, or commitment that is intensifying those feelings?

> [ ]

What is important about this belief, idea, or commitment?

> [ ]

☐ Is it grounded in the truth?

☐ Is it something that you might have unintentionally created?

How do you know? (i.e., can you prove it?)

> [ ]

What would be different if that belief, idea, or commitment were not important?

> [ ]

Name your bullsh*t

> [ ]

own it

Where does this bullsh*t come from?

How is this bullsh*t useful in your life? (i.e., what do you get out of it?)

How might you benefit from it if it were "true"?

How do others benefit from it?

own it

How do you know others benefit from it? (i.e., can you prove it?)

What would be different if that belief, idea, or commitment were not important?

What might be different if you let go of this bullsh*t?

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choose it

How will you know you let go of this bullsh*t?

What will be different when you let it go?

What is this bullsh*t getting in the way of, taking time and energy away from?

What will you spend your reclaimed time, energy, and mental bandwidth on?

choose it

Are you ready to let it go?

> (empty text box)

If yes, call it bullsh*t and let it go

Write your own version of: "I recognize that _____ is bullsh*t, and I choose to let it go."

> (empty text box)

If maybe, what would you need to let it go or have less of it?

> (empty text box)

If no, make an explicit commitment to keep it (for now).

Write your own version of: "I recognize that _____ is bullsh*t, but I'm not ready to let it go yet and choose to keep it for now."

> (empty text box)

Make your commitment to let it go or keep it