

Sorting Yours from Others'

A worksheet for telling what's actually yours from what you've simply been carrying

The biggest differentiator isn't logic — it's feeling. What's **yours** feels right in your body and plugs you into your heart space. Use the columns below to sort as you go.

KEY TIP

When something feels like yours — and it's different from everyone else's — your head will start telling you why you can't have it. That's often a sign you're actually on the right track.

Don't take what's happening in your head as Bible, or as an authority telling you what to do. Treat it simply as information. Ask it:

Why does this sound so familiar?

Where did this come from?

It likely came from spaces and faces you've been in before — what you used to be plugged into. Maybe all of that was theirs. That's okay.

The List

Keep going until it feels complete. You'll likely know it's done because you'll laugh when you see the difference.

What feels like MINE (pulls me into heart space)	What my head says about it (the "can't have it" voice)	Where that voice is from (whose was it, really?)

What's Next

When you look at the list and see the differences, notice what comes up. Is there another question being born inside you? Write it down — then notice what actually happens next.

The question that's coming up for me:

What happens next (notice, don't force):