

# On Purpose Now.

## BUT Reduction Worksheet

### Intro

The following is one of the most powerful tools I've learned for living On Purpose. It is the **BUT Reduction Worksheet**. This is the process for getting the grace of your Creative Self into the grain and grit of your mind and life!

In my own practice, I have found it imperative to learn the difference between the Voice of my Creative Self and the noise of the critical false-self, the Ego. In searching the mind, I have discovered there is a voice of fear and separation and a voice of Purpose and unification.

Until each of these are known and recognized for what they are, the shift to Purpose can seem confusing and perhaps accidental. Yet, once there is clarity about the two thought systems, real power and then speed seems to naturally take hold.

To that end, attached you will find;

- A sample of one of my own completed BUT Reduction Worksheets.
- The BUT Reduction Worksheet (self-explanatory with instructions included).
- The BUT Reduction Worksheet Instructions (to be used with your notebook or journal).

They are the same process. The only difference is an option to print the worksheets and write directly on them, or use just the instructions and write in your journal.

Many people participating in The Life Purpose Curriculum have asked after seeing the stark contrast of the Creative Self to the critical self... "what do I DO with this?"

This is it! Do "BUT Reduction Worksheets" until Your Buts are gone. The entire journey is a BUT Reduction of one sort or another. This is an opening of the mind and unlearning of the fear born thought system. We could say the BUT Reduction is "chemo for the ego". You will have many moments of awakening in the reality of your Creative Self, until one day that is all there is -- no more BUTs!

Print them both and decide which one you want to use. It can take practice to get into the flow of using them. Once you get the hang of the process, you will start to feel a substantial sense of relief with the completion of each worksheet and be able to feel the Creative Self show you The Way to living On Purpose.

If you will follow the directions explicitly several times, I think you can get the hang of it.

BUT I don't know how to do this! Just take the next step. None of us knew how to walk either before our first step. Just as walking did - this too, will get better with practice!

If, after trying a few of these, you don't start to feel a flow and sense of relief, give me a call or send me an email. I can help you get the feel for it pretty fast once you've given it a couple shots on your own.

ALSO! I encourage you to use these with anyone you think might benefit. The only thing I ask is that you keep them in this original form with the On Purpose Now logos and give me the credit of authorship when asked.

As always, if you get stuck, please don't hesitate to call me for assistance at 303.842.6020 or email me at [mike@onpurposenow.com](mailto:mike@onpurposenow.com).

I'm in The Game with you!

**On Purpose Now.**

Mike Valentine | OnPurposeNow.com | 303.842.6020

## On Purpose Now .

Think of a situation or person that is activating doubt, worry or fear for you. Watch the movie playing on the screen of your mind. Mentally note every detail as vividly as you can.

### #1) Write a Heartfelt Intention of how you wish this situation to be.

You may use your stated Gift/Purpose/Vision or create another Intention for this situation. Be as heartfelt as you can. "I would like"... then WRITE IT.

### #2) Give yourself a BUT REDUCTION!

Say statement # 1 aloud (alone or to a partner) or quietly in your mind. Pause... notice how you judge - then ASK - What are my BUTS!? WRITE your thoughts, beliefs, stories, cases, meanings, images/symbols, and voices that are EVIDENCE #1 your Intention is false. WRITE until you are out of BUTS...then read #1 and ASK again What are my BUTS!? WRITE.

**#3) Read your "But" from #2 and say when I think these Buts, I FEEL...** WRITE honestly every energy, emotion, feeling and sensation you can find in your mind and body. Do this at least twice. Emotional honesty is your ticket to FREEDOM! Then WRITE WHAT YOU DO! (behaviors/habits)

**#4) Repeat statement #1 aloud** adding to the end of it "And Now I See"... WRITE examples of when your Heartfelt Intention (statement #1) is true for you from your perspective. It can be powerful to see these examples in the very same situation. If not, find examples of any situation where you can honestly say SEE this Intention could have been true. Try to find at least three or more. Write them in a way that paints a vivid picture for you.

**#5) Read #1 & #4 and say aloud** when I think these "Ands"...I feel...WRITE honestly every energy, emotion, feeling and sensation you can find in your mind and body.

**#6) Use the "Inspirometer":** rate your Inspiration on a scale of 1-10. A 7 or better = Playing to WIN On Purpose Now! WRITE the number and circle it. Then WRITE the time!

As always, if you get stuck, please don't hesitate to call Mike for assistance at 303.842.6020 or email him at [mike@onpurposenow.com](mailto:mike@onpurposenow.com)

## BUT Reduction Worksheet:

Day/Date: \_\_\_\_\_

**#1) Heartfelt Intention:** \_\_\_\_\_

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**#2) Ask "What are my BUTS?"; BUT I think...** \_\_\_\_\_

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**#3) FEEL your BUT, when I think these BUTs I feel...**

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**What I DO is...** \_\_\_\_\_

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**#4) AND NOW I SEE, examples of when your intention is true...**

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**#5) EXPERIENCE YOUR SEEING, when I see how this intention is true I feel...**

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**#6) Rate your Inspiration:**

As I look into my mind and heart Now, I rate my inspiration for living On Purpose, expressing my Heartfelt intention as a \_\_\_\_\_! Time/Here: \_\_\_\_\_

**On Purpose Now .**

# On Purpose Now.

## BUT Reduction Worksheet:

Day/Date: \_\_\_\_\_

**#1) Heartfelt Intention:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#2) Ask “What are my BUTs?”, BUT I think...** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#3) FEEL your BUT, when I think these BUTs I feel...** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What I DO is...** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#4) AND NOW I SEE, examples of when your intention is true...** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#5) EXPERIENCE YOUR SEEING, when I see how this intention is true I feel...** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#6) Rate your Inspiration:**

*As I look into my mind and heart Now, I rate my inspiration for living On Purpose, expressing my Heartfelt intention as a \_\_\_\_\_! Time/Here: \_\_\_\_\_*

## On Purpose Now.

# On Purpose Now.

## BUT Reduction Worksheet

### Instructions

*Think of a situation or person that is activating doubt, worry or fear for you. Watch the movie playing on the screen of your mind. Mentally note every detail as vividly as you can.*

#### **#1) Write a Heartfelt Intention of how you wish this situation to be.**

You may use your stated Gift/Purpose/Vision or create another Intention for this situation. Be as heartfelt and idealistic as you can. You might start with “I would like”... then WRITE IT.

#### **#2) Give yourself a BUT Reduction!**

Say statement # 1 aloud (alone or to a partner) or in your mind. Pause... notice how you judge - then ASK - What are my BUTS!?

WRITE your thoughts, beliefs, stories, cases, meanings, images/symbols, and voices that are EVIDENCE #1 this Heartfelt Intention is false. WRITE until you are out of BUTS...then read #1 and ASK again What are my BUTS!? WRITE.

**#3) Read your “BUT” from #2** and say aloud (alone or to a partner) or in your mind when I think these Buts, I FEEL... WRITE honestly every energy, emotion, feeling and sensation you can find in your mind and body. Do this at least twice. Emotional honesty is your ticket to FREEDOM!

**#4) Repeat statement #1 aloud (alone or to a partner)** or in your mind adding to the end of it “And Now I See”... WRITE examples of when your Heartfelt Intention (statement #1) is true for you from your perspective. It can be powerful to see these examples in the very same situation. If not, find examples of any situation where you can honestly say I see this Intention could have been true. Try to find at least three or more. Write them in a way that paints a vivid picture for you.

**#5) Read #1 & #4 and say aloud (alone or to a partner)** or silently when I think these “Ands”...I feel...WRITE honestly every energy, emotion, feeling and sensation you can find in your mind and body.

**#6) Use the “Inspirometer”:** rate your Inspiration on a scale of 1-10. A 7 or better = Playing to WIN On Purpose Now! WRITE the number and circle it.

As always, if you get stuck, please don't hesitate to call Mike for assistance at 303.842.6020 or email him at [mike@onpurposenow.com](mailto:mike@onpurposenow.com).

**On Purpose Now.**

## On Purpose Now.

Think of a situation or person that is activating doubt, worry or fear for you. Watch the movie playing on the screen of your mind. Mentally note every detail as vividly as you can.

#1) Write a Heartfelt Intention of how you wish this to be. You may use your stated Gift/Purpose/Vision or create another Intention for this situation. Be as heartfelt as you can. "I would like"...WRITE IT...

#2) Give yourself a **BUT REDUCTION!** Say statement # 1 aloud (alone or to a partner) or in your mind. Pause... notice how you judge - then **ASK - What are my BUTS!?** WRITE your thoughts, beliefs, stories, cases, meanings, images/symbols, and voices that are EVIDENCE #1 this Heartfelt Intention is false. WRITE until you are out of BUTS...then read #1 and **ASK again** What are my BUTS!? WRITE...

#3) Read your "But" from #2 and say aloud (alone or to a partner) or in your mind when I think these Buts, I FEEL...WRITE honestly every energy, emotion, feeling and sensation you can find in your mind and body. Do this at least twice. Emotional honesty is your ticket to FREEDOM!

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#5) Read #1 & #4 and say aloud (alone or to a partner) or silently when I think these "Ands"...I feel...WRITE honestly every energy, emotion, feeling and sensation you can find in your mind and body.

#6) Use the "Inspirometer": rate your inspiration on a scale of 1-10. A 7 or better = Playing to WIN On Purpose Now! WRITE the number and circle it.

## BUT Reduction Worksheet

Day/Date: Tuesday May 16, 2017

### #1) Heartfelt Intention:

BE at Home in the Abundance of Inspiration, Flow & Creativity. Living, Learning, Inspiring On Purpose Now. Trusting Love Here

### #2) Ask "What are my BUTs?", BUT I think...

BUT... I use it to be scarce, a problem contrast the limits of time and human energy & ability.  
BUT... this system uses it to "create" mis-create overwhelm, judgement, righteousness. BUT...  
I need more fucking help! BUT... I'm just one me - I have my limits too. BUT... I can't possibly get it all done. Nobody understands what it is to be ME with all this Inspiration, Flow & Creativity I Have to Do, Create, Cause.

### #3) FEEL Your BUT, when I think these BUTs - I feel...

Sad, Lonely, Superior, Overwhelm, righteous, Abandoned, Betrayed, Rejected, Deaten down, Hate for self & others  
what I do is... Be a victim to all I could & should "do." Cndamn others... everyone else! Be right about how right I am wrong they are. how good I am -

#4) And NOW I SEE, examples of when your Intention is true... See they are.  
\*ing enthused about all the flow & Abundance today ordanag pers sharing with Robert w/ matt, w/ James Jova, Whatace  
\*ing scoring in the Life Purpose Game.  
\*ing... pouring his Abundance of Creativity & Flow into Trello.  
\* Systems upgrade.

### #5) EXPERIENCE Your AND, when I see how this Intention is true, I feel...

Flow & Creativity, Trust, Gratitude  
Love

### #6) Rate your Inspiration:

As I look in to my mind and heart Now, I rate my inspiration for living On Purpose, expressing my Heartfelt Intention as a 10 ! Time/Here: 10:15 PM.

**On Purpose Now.**