



BUT Reduction

Worksheet

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 **Essential 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 Essential 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 Essential Self to the Ego 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 Essential 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 Essential 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, check our calendar for live events, join a Q&A, or watch our tutorial. I can help you get the feel for it pretty fast once you've given it a couple shots on your own.

I also 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.

If you get stuck, please don't hesitate to call me for assistance at **303.842.6020** or email me at **mike@onpurposenow.com**.

I'm in The Game with you!

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. 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 Read your BUT from #2 and say aloud (alone or to a partner) or in your mind, **“when I think these Buts, what I do is...”** Write honestly the actions you take and ways of judging, attacking, and punishing yourself.
- 5 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 you SEE this Intention could have been true. Try to find at least three. **Write them in a way that paints a vivid picture for you.**
- 6 Read #1 & #4 and say to yourself, **“when I SEE, I feel...”** Write honestly every energy, emotion, feeling, and sensation in your mind and body.

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.

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Rate your inspiration: Rate the level of your Inspiration on a scale of 1-10. 7 or better is playing to win. Write the number and circle it.

Mike Valentine

OnPurposeNow.com

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 . . . _____

4. What I do is . . . _____

5. And now I see Examples of when your intention is true . . . _____

6. Experience your seeing When I SEE how this intention is true, I feel . . . _____

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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: _____.

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BUT Reduction Worksheet

Day / Date: Wednesday, February 14, 2018, Valentine's Day

1. Heartfelt Intention To experience love today...
on Valentines Day.

2. Ask "what are my BUTs?" BUT I think . . .

- 1) BUT... I don't have a sweetheart to share with.
- 2) BUT... My wife asked for a divorce in November.
- 3) BUT... I miss her so much.
- 4) BUT... I got up late today and missed my workout.
- 5) BUT... I need more help at work. I'm behind.
- 6) BUT... I am a fat ass old Valentine myself now...
who would want to be my sweetheart?

3. Feel your BUT When I think these BUTs I feel . . .

- 1) Sad. Lonely.
- 2) Guilty. Ashamed.
- 3) Afraid. Resentful.
- 4) Overwhelmed. Worthless.
- 5) Lost. Lonely.
- 6) Worthless. Decrepit. Sad.

4. What I do is . . .

- 1) Think of old times and be depressed.
- 2) Wonder / worry what my ex-wife is up to.
- 3) See #2.
- 4) Give up or push myself to the limits.
- 5) Feel sorry for myself, blame others.
- 6) Eat more, sleep longer, hate myself for it.

5. And now I see Examples of when your intention is true . . .

- 1) I am thinking of my daughter as a sweetheart.
- 2) I will go get my daughter's car washed & fill it up with gas... buy her chocolate.
- 3) Today I will be doing work I love with people I love at a place I LOVE?
- 4) There are 4 people helping my business grow.
- 5) I experience so much love when clients share the inspiration they have living On Purpose.
- 6) Jamie finding his Clarity when we talked.

6. Experience your seeing When I see how this intention is true, I feel . . .

- Delight. Contribution. Freedom. Service. Support. Happiness. Power. Purpose & LOVE!

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 10 !

Time / Here: 7:11 a.m.