

# TPK FENG SHUI & DESIGN

## The Closet Challenge: Day 3 Growthwork

### ACTION ITEMS:

Have you checked tops & bottoms off your list? (And yes, I mean ALL of your tops & bottoms :))

- Great! Start in on your **hanging items** (dresses, suits, etc).
- Now dive into that **underwear drawer** (including socks, tights, etc).
- If you're super-human*, you can check-off **Accessories** (Bags, Scarves, Hats, etc). If you've got enough on your plate, you'll touch this one tomorrow.
- Keep taking pictures when you feel the inspiration.** (Before/mid-progress/after)
- On Facebook? **Share** your challenges (progress/fears/joy) with our private group.
- Listen to the Audio on Limiting Beliefs--it walks you through the journaling below.

### JOURNALING:

**What fear or limiting belief comes up for you as you go through your clothing?** This could be related to a specific clothing item, or to the general process. Fears will come up at will throughout the process. Jot them down when you become aware of them.

Ask yourself: **Is it true?**

Be curious about your fear.

**Where do you feel its presence in your body** (gut, heartspace, throat, etc.)?

**What qualities does it have** (heavy, damp, agitated, etc.)?

**Stay with that fear** when it arises. **Sit with the discomfort** of it. Send it love. **Smile.**  
Breathe...