WORKSHEET **My Superstition Sort**

List the lucky habits you've noticed this week, including the ones you do without thinking. For each, name its job, ask the love-or-fear question and choose what to do.

My superstition	Its job (protect, prepare, belong, remember)	Love or fear?	Calms or opens me, or worries or narrows me?	Keep, loosen or swap

The one I'm proudest to keep: _____

The one I'll loosen first: _____

The one I'll swap, and what I'll do instead: _____

☐ I asked "What is this trying to do for me?" for every item.
☐ I asked "Love or fear?" for every item.
☐ I chose one habit to keep, one to loosen and one to swap.

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