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Publishers

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Worksheet: Write it out!

Imagine a big comfy blanket. When you wrap it around yourself, you can remember to be gentle and kind to yourself in the way you speak to yourself. Write out five to ten kind and gentle thoughts you can soothe yourself with:

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10.
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Worksheet: Write it out!

Pick a particular subject or task that you want to improve your **self-talk** on. Then, walk yourself up, one tiny thought at a time, from the low end to the high end of the **Self-Talk Meter**, filling in all the notches in between. The high end includes motivational and encouraging self-talk, the middle encompasses neutral self-talk, while the low end includes harsh and critical self-talk. The mid-notches are the in-between phrases moving you up or down between the main settings.

Client's task: Filling out an expenses report.

Low level: "I am doing a terrible job at this. I can't believe I lost that one receipt, what was I thinking? I am such an idiot."

Mid-notch: "I guess I can work on saving more paperwork for next time, but I still might forget."

Middle level: "I kept track of some things well and I didn't keep track of others."

Mid-notch: "I am learning how to track expenses in a better way each time."

High level: "I did a good job at tracking most things this month, I am learning more each time, and at least now, I am done for this month. I can finally let myself take a break! I did it!"

Now, it's your turn. Give it a try!

Subject:

Low level:

Mid-notch:

Middle level:

Mid-notch:

High level:

Worksheet: Write it out!

Take a situation that happened to you recently. Write out the negative statement that you formed after it happened. Then, investigate the evidence by answering the questions below.

Negative statement:

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Do I have any specific relevant evidence this is true?

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Do I have any evidence this might *not* be true?

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.....

Am I basing this on facts, opinions, or feelings?

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.....

What is some "good" evidence I can find here instead of "bad"?

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.....

How else can I see this situation?

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Worksheet: Write it out!

Make a list of your greatest hits. They can be small wins, big wins, something happy, something triumphant, something fun, or anything you've experienced recently that was enjoyable to you. And then, the next time you need a boost, pick one of your greatest hits to watch in your mental movie theater. Remember Coach Landry's mantra: "We only replay your winning plays!"

My greatest hits:

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Now write out a few "future greatest hits" you want to imagine experiencing:

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Worksheet: Write it out!

Using your senses, write out 10 things today that inspire you. Look around for things that make you smile, things you feel drawn to, things that make you feel creative, or things that make you feel inspired! Try it every day for a week and see where the inspiration takes you.

This week, these 10 things inspired me:

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2.
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3.
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8.
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9.
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10.
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Worksheet: Write it out!

To use **The Seesaw** tool, pick a subject that you tend to sit on the “lack of” side with. Ask yourself, “How can I shift my perspective on this subject a little?” Then, write your way over to the other side of the seesaw where the subject now feels more “plentiful” to you. For example:

Subject: Finding a new apartment.

Lack of: There are no apartments available right now, and the news says there is a housing shortage in the city. I will never find a new apartment and I will be stuck here forever.

Middle: There are always some apartments for rent, and there will always be new apartments for rent in the future that I can’t predict right now.

Plenty of: Every week, there are many new possibilities to be explored and I am sure I will find a new place to live soon enough, if I just keep looking around.

Now, it’s your turn:

Subject:
.....

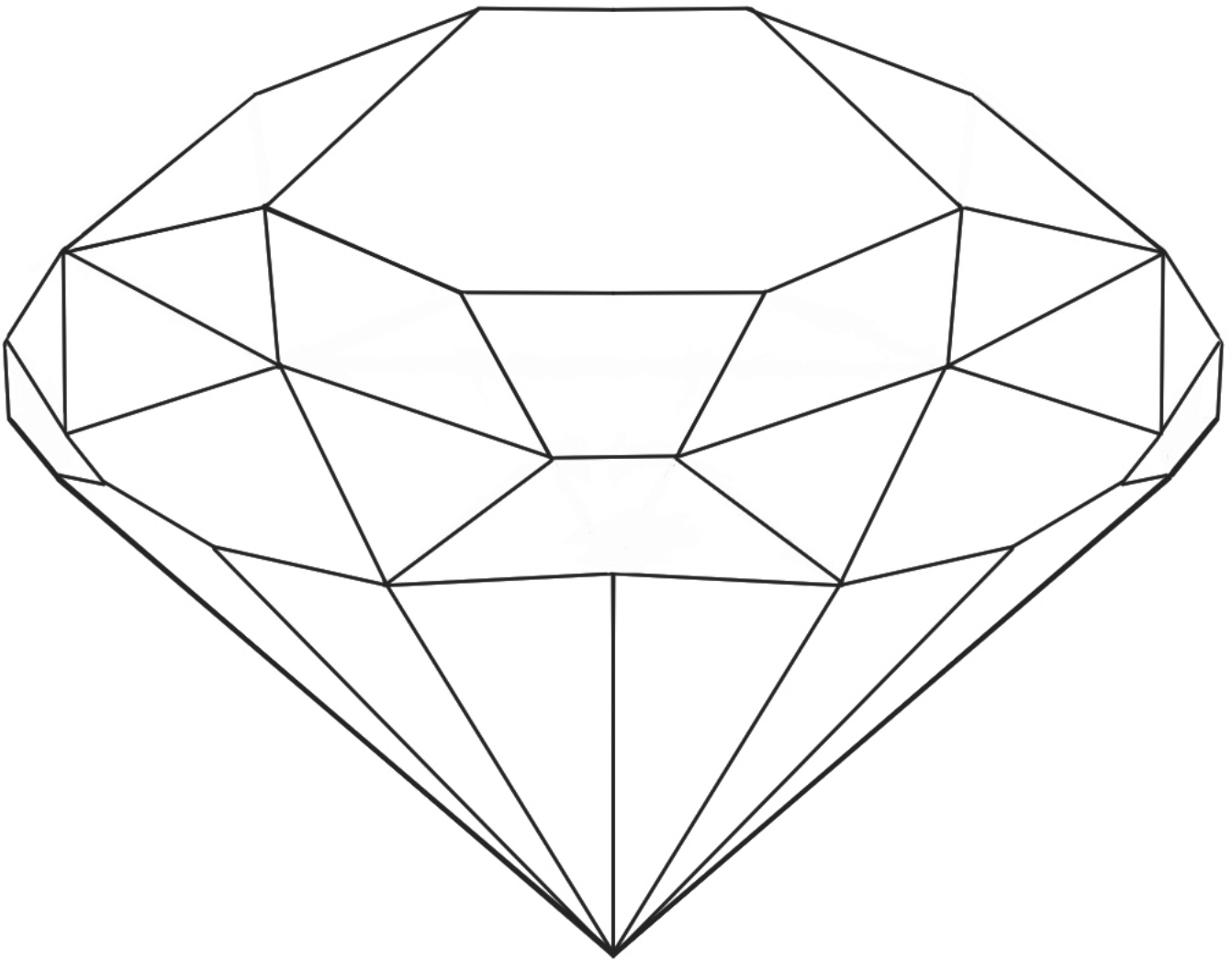
Lack of:
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Middle:
.....

Plenty of:
.....

Worksheet: Write it out!

On the multifaceted gemstone below, write out different words that summarize you in each section of the stone. Fill up each section with a word (passions, interests, roles, skills, qualities, talents, etc.). See how they all come together and form one amazing gemstone:



Worksheet: Write it out!

Write out a few of your "old stories" that you would like to change. Then, rewrite them as gentler, kinder "new stories" you can start to tell yourself (and others) from now on instead. For example:

Old stories	New stories
I am messy.	I am creative and I like to try new things out. I am learning how to clean up in shorter bursts.
I am forgetful.	I remember plenty of things each day and I'm getting better at writing things down more.

Now, give it a try:

Old stories	New stories
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Worksheet: Write it out!

Take a few minutes to think about 3–5 specific heroes you admire in books and movies. Write out their values and strengths, and then write a few examples of scenes where these heroes displayed these qualities:

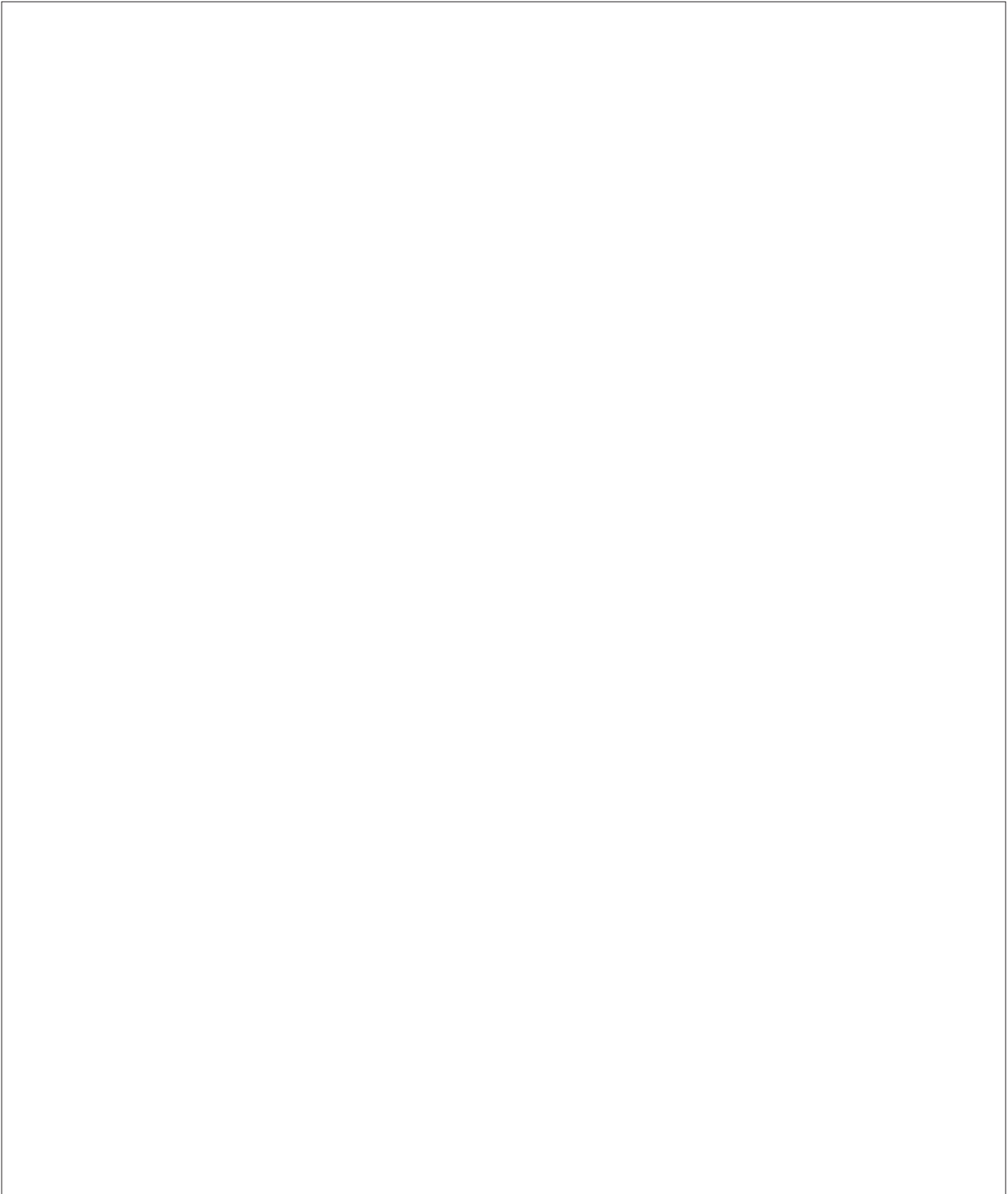
Hero	Values and strengths	Story examples
Example: Spiderman	Funny, kind, never gives up	Saves his friends' lives

Now, list out your own heroic values and strengths. Then, write out a few everyday examples from your own life where you displayed these qualities:

Your values and strengths	Life examples
Example: Kindness, determination	I helped my sister fill out her college application when she wanted to give up

Worksheet: Draw it out!

Draw yourself as a ridiculously cute **Cartoon Animal**. Then, draw out funny personality traits of this animal, write some cute catchphrases the animal might say, and try to see your perceived flaws in a lighter, kinder way through this exercise. If you want, you can also draw out a few people you know as cute cartoon animals, too, and see if it shifts your perspective a little.

A large, empty rectangular box with a thin black border, intended for drawing. It occupies the majority of the page below the instructions.

Worksheet: Write it out!

Let's practice setting your **first step forward** toward a goal you want to work on. Establish a realistic time frame for your goal. Then, break down your monthly goal down into weekly goal steps, and then, figure out what the first step forward will be. Your **first step prep** is a tiny mental nudge to get yourself mentally ready to go! For example:

Goal: Finish painting a small painting.

Realistic time frame: Within three months.

Monthly goal: Finish a section of the painting each month.

Weekly goal: 1-2 hours a week of painting.

First step forward: Prepare and stretch the canvas.

First step prep: Tonight, I will put out my paint brushes on the table to remind myself that it's painting day tomorrow.

Now, it's your turn.

Goal:

Realistic time frame:

Monthly goal:

Weekly goal:

First step forward:

First step prep:

Worksheet: Write it out!

Using this free-writing journaling exercise, think of some **mini-road blocks** you may have put in your own way toward a goal recently. Then, ask yourself this question: "Why am I getting stuck here?" Write out the answer to that question in free-form style and see what you discover. Then, figure out how you might remove the road blocks that you've placed in your own way.

Road block: [Write out your road block here]

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Question: "Why am I getting stuck at this road block?"

Answer: [Let yourself free-write out an answer to this question]

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Workaround: [Now, explore some easy ways you can get around this road block]

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Worksheet: Write it out!

Pick a task you want to complete and establish what the good enough baseline is for you, which should be reasonable-sounding "satisfactory set points" required to complete the task. Break it down into three "good enough baseline" items that will let you know that you have reached the Good Enough Zone for this task. For example:

Task: Work presentation at meeting

- * I show up on time.
- * I give the slideshow I prepared.
- * I answer a few questions afterward.

Task:

Item 1:

Item 2:

Item 3:

Task:

Item 1:

Item 2:

Item 3:

Write out a few self-talk phrases of encouragement you can tell yourself when you reach the Good Enough Zone with these tasks:

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Worksheet: Write it out!

Keep track of all the **small wins** this week in a notebook. These are tiny steps you are taking toward your goals each week, and you can keep a running list. When a **big win** happens, notate it in a different way. Then, reread your list once or twice, and practice connecting to feelings of accomplishment:

Small wins this week:

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*

*

Big win of the week:

*

Worksheet: Write it out!

When you think about the **Do Nothing Zone**, what thoughts come to you about what that would feel like? Write out any word associations or sentences that come to mind when you read the phrases below:

"The Art of Doing Nothing" makes me think of:

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"The Sweetness of Life" makes me think of:

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"The Purenness of Life" makes me think of:

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Worksheet: Write it out!

Try to identify a few apps and sites that you visit a lot that tend to cause you to feel negative or to experience uncomfortable emotions. Then, log the exact amount of hours you spend on those apps in the log below for one week straight (you can usually find app usage amounts under "Settings" on your phone).

For example:

App/site	Typical emotional response	Hours
Twitter	Stressed out/ depressed	4 hours per week
Phone news feed	Anxious	3 hours per week
TikTok	Sometimes tired after a long stretch	5 hours per week

Now it's your turn:

App/site	Typical emotional response	Hours

Worksheet: Write it out!

Think of the last time you felt like you tipped yourself over, emotionally, by doing too much of one thing (for example, too much work/stressed-out, too much socializing/grumpy). Then, take a few minutes to answer the balance questions below and to think about what actions you can take to bring yourself back into balance.

How did I get off-balance this week?

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What feels off-balance in this moment?

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What actions can I take to get myself back in balance?

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What can I do differently in this situation next time?

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Worksheet: Write it out!

Make a **Current Time Chart**, listing what you're actually spending your time on each week. Then, write a **Time Priorities Chart**, listing the things you would most like to be spending your time on. Compare and contrast the two lists and see if you can gain any insight about what you would like to prioritize more.

Current Time Chart	Time Priorities Chart
[List things you are currently spending time on and the amount of time each one takes]	[List things you want to be spending your time on in order of importance to you]

Worksheet: Write it out!

Think of all the amazing things your body does for you each day. Now, in the space below, write your body a "thank you" letter, thanking it for all the little, tiny, daily things it does for you:

Dear Body,

Thank you for...

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Worksheet: Write it out!

Pick a situation that was disappointing in some way. Using "Even though..." or "Yes, but..." statements, try to "reframe" the situation a few times, until you feel a little better emotionally.

Situation:

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Reframe 1:

.....

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Reframe 2:

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Reframe 3:

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Worksheet: Write it out!

In order to let your **Compliment Basket** fill up, and to not actively “dump it out,” let’s practice receiving a few compliments on this worksheet! Write down the last three compliments you received, how you reacted vs. how you want to react in the future, and then add a **compliment booster** to say to yourself.

Compliment I received:

How I reacted:

How I want to react next time:

Compliment boosters I can tell myself:

.....

Compliment I received:

How I reacted:

How I want to react next time:

Compliment boosters I can tell myself:

.....

Compliment I received:

How I reacted:

How I want to react next time:

Compliment boosters I can tell myself:

.....

Worksheet: Draw it out!

Learn to get more comfortable with the “uncomfortable feelings of change” by writing out a few soothing and motivational phrases about change you can tell yourself as you ride out the feeling:

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Worksheet: Write it out!

Learn to expand your definition of what "happiness" can mean and all the different "flavors" of it that you can feel. Try to list out 10-20 related words (for example, giddy, playful, delightful, fun, etc.):

Words I can now associate with "happiness":

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Then, start to collect those **mini-happy moments** more as they happen to you this week. Aim to write down 10-15 per week:

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Worksheet: Draw it out!

Focusing in on what you want to feel in the future, paint a **Future Picture** of where you want to be in one year's time by filling out the questions below.

Where do I see myself in one year's time?

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What am I doing in this picture?

.....

What am I feeling in this picture?

.....

Now, using these ideas, draw a **Future Picture** image in the frame below:

