



Thought-Feeling-Action Daily Practice

Each day for the next two weeks, spend 2-3 minutes writing down everything you are worried about right now. Do not try to solve, but rather write them out with the feeling of getting them off of your chest.

Worries: _____

Now look at your list above and cross out one thing you are going to hand over to the God or the Universe today. As this worry crosses your mind at any point, remind yourself this has been handed off for the day. (sometimes visualizing an object holding the worry supports this.)

Next, circle one worry you will actively work on today. Note, not solve, but rather take one active step to action on this worry.

Lastly, look at the worries above and think about your core values. Make any notes of what comes up for you about how your values relate to the feelings of worry/anxiety above.

Finally, shift to gratefulness. In the following space, write down some things you are grateful for in this moment. Remember to simplify your thoughts on this (doesn't need to be BIG things).

Gratefulness: _____

Now let's focus. What are the top 3 things you want to accomplish today?

Top 3 Today: _____

What is your intention for today? _____

Note: Make multiple copies of this page as you will fill one out for each day of the week.

"Reality is created by the mind." - Plato