

# WEEK 1: AWARENESS & ACKNOWLEDGMENT

GOAL: clear understanding of current behaviors

1. Read each statement over the next 2 worksheets and rate each from 1 to 4 in terms of how they contribute to your overthinking (1= most impact, 4= least impact) 2. After rating each statement use the rest of the week to answer each question as honestly as you can. Begin with priority 1 working your way through each one 3. Alternatively you can work through the questions in your preferred manner	Rating
List specific situations in your internal and external environment that trigger you to overthink.	
Why do those situations evoke that reaction in you?	
Whenever you are stressed or feeling overwhelmed, how do you usually cope?	
Which limiting beliefs and thoughts make you doubt yourself or be hyper-stressed when challenges come your way?	
When do you usually feel inadequate or insecure?	
Are there any specific past experiences that cause you to feel triggered or overthink?	
Are there any positive coping mechanisms you have for handling stress?	
Are there specific places or people that make you feel uneasy or tense?	
When you're feeling anxious and stressed, do you notice physical symptoms? What are they?	
Whenever you encounter failures, what does it mean to you? Does it ever take a hit on your self-esteem and confidence? Why?	
Do you think you respond with self-compassion when triggered?	
Are there specific thoughts that pop up just before you start overthinking? What are they?	
How can you reframe your negative thoughts into positive ones?	
Do you sleep enough? Could that be contributing to your current mental state?	
Do you eat well? How does your diet make you feel?	
What do you enjoy doing that calms you down?	
What do you believe about success?	
Do you feel comfortable asking for help when you're struggling with anxiety or stress? Why?	
Does social media ever make you feel inadequate or sad? Why?	
How did people you grew up with handle stress? Did you adopt the same ways?	

# WEEK 1: AWARENESS & ACKNOWLEDGMENT

## Continued

	Rating
Are there positive affirmations you repeat daily to foster new healthy thought patterns?	
How often do you feel overwhelmed? What causes it?	
How does your self-talk sound like when you're battling with self-doubt?	
What do you do when you feel anxious?	
What kind of support do you currently have? Is it solid?	
Which aspects of your daily routine do you feel contribute most to your stress and anxiety?	
How is your time management?	
Are there any hobbies that make you feel connected to your core needs?	
Do you often compare yourself with other people? How does that impact you?	
Do you ever downplay your achievements?	
How would you define the relationship you have with yourself? Is it healthy or toxic? Why?	
Do your friendships make you feel more empowered or more anxious and stressed? Why?	
When were the times when your negative thoughts were proven wrong?	
Does your body language exude stress and worry?	
Which occasions in the past did you confront your fears and come out even stronger?	
Which habits tend to make you waste so much time being unproductive?	
Are there any friends you have that influence you to wallow in negative thinking patterns instead of challenging them?	
Would you say you are someone who's hard on themselves? If so, why?	
What have you been procrastinating on due to being afraid of taking action?	
Which things in your life make you feel very proud of yourself?	
When have you demonstrated so much mental grit? What had happened? What gave you that drive?	
Is your perception of what success is contributing to the feelings of inadequacy you may have?	

# WEEK 1: AWARENESS & ACKNOWLEDGMENT

1. Daily Mindfulness Practices to Reinforce New Empowering Habits
2. Grab your gratitude journal to capture responses to some of the below prompts each day.
3. Find a peaceful place to take 5-10 minutes for breathing exercises bringing focus back to your present life and body. As you take each breath, hold it for about 5 seconds before you exhale.

- Think about a time when you managed to achieve something that seemed impossible. What did you discover about life or yourself through that experience?
- Go for a nature walk and pay attention to the beauty of the trees, flowers, and other things. Soak in the beauty and watch how doing this revitalizes your mood.
- Write three of the most powerful affirmations that resonate most with you and say them out loud at least three times a day, taking in every word and letting it sink deep into your conscious mind.
- Write a heartfelt letter to the woman you see yourself becoming. Share your hopes and dreams with her.
- Think of a hobby that brings you joy and create a time when you can enjoy immersing yourself in it.
- Make a pretty vision board that visually reflects the life you wish to build for yourself moving forward.
- Remember to practice mindful eating and drinking.
- Designate 10 minutes before you sleep to reflect on your thoughts and plan for the next day.
- Select a self-care hobby or activity that you can commit to doing throughout the week or month.
- Do something kind for someone and don't expect anything in return.
- Think about one of the biggest fears that has been tying you down, and brainstorm ideas to overcome it.
- Find a guided meditation session you enjoy and try it out.
- Dance to one of your favorite songs without holding yourself back.
- Make time to observe any worrisome thoughts you have, and note down messages those thoughts convey to you.
- List 10 things that make you happy and decide on doing or spending time with at least three of them.
- Do some stretching exercises at the beginning or end of your day.
- Write 10 traits you love about yourself.

# WEEK 1: AWARENESS & ACKNOWLEDGMENT

1. Daily Mindfulness Practices to Reinforce New Empowering Habits
2. Grab your gratitude journal to capture responses to some of the below prompts each day.
3. Find a peaceful place to take 5-10 minutes for breathing exercises bringing focus back to your present life and body. As you take each breath, hold it for about 5 seconds before you exhale.

- Have moments of silence where you don't think; just try your best to enjoy pure silence.
- Write different milestones you've achieved in your life.
- Browse through different quotes and select one that stands out to you. Print and hang it where you can see it daily.
- Make time for daily self-reflection in your routine.
- Challenge negative thoughts you have using three of any of the suggested techniques we discussed so far in this book.
- Make time at least once a week to do a progressive muscle relaxation or body scan technique to relax your body.
- Find time to socialize with others and build your friendships.
- List three things you worry about that you can't control. Choose to stop dwelling on them, and list three things you have control over that you can focus on instead.
- Write a heartfelt appreciation letter to someone who showed you kindness during your time of need.
- List five core values you would love to live in alignment with moving forward.
- Select an educational or fun talk show you can listen to so you can gain new perspectives.
- Write lessons you learned from the times you perceived as failures.
- Set new healthy boundaries for yourself and others.
- Write three personal mantras you would love to live by.
- Write any new healthy habits you can do to replace stressing out and overthinking.
- Make a personal self-care checklist to help you track whether you're looking after yourself well.
- Think about your ideal day before starting each day and take steps to make it a reality.
- Pick a new book to read.
- Make a relaxing bedtime routine that involves you having time to ponder on self-affirmations.
- When triggered by anger, write your response down and throw away the paper. You can also type the message to yourself and then delete it. Notice how this reduces the intensity of your emotions and gives you time to calm down.
- Name your top 10 limiting beliefs and write 10 positive beliefs to counter those limiting thoughts.
- Have some quality time with your loved ones, away from gadgets.
- Declutter your living space and phone and only leave things you need.