



EMPOWERED

WORKSHEETS

Daily WORKSHEET

KEY 1: AWARENESS – THE POWER OF KNOWING YOUR PATTERNS

IDENTIFYING STRESS TRIGGERS AND COPING MECHANISMS

THINK OF A RECENT STRESSFUL SITUATION. HOW DID YOU REACT?
HOW MIGHT YOU RESPOND DIFFERENTLY IF YOU WERE MORE
AWARE OF YOUR EMOTIONS AND HABITS?

WHAT ARE YOUR COMMON STRESS TRIGGERS?

HOW DO YOU USUALLY RESPOND TO STRESS?

**ARE YOUR RESPONSES HELPING YOU IN THE LONG
TERM? WHY OR WHY NOT?**

Daily WORKSHEET

KEY 2: BOUNDARIES – PROTECTING YOUR ENERGY

SETTING CLEAR BOUNDARIES

WHAT IS ONE BOUNDARY YOU NEED TO SET TODAY, AND HOW CAN YOU IMPLEMENT IT WITH CONFIDENCE?

WHAT AREAS OF YOUR LIFE NEED STRONGER
BOUNDARIES?

WHAT MAKES IT DIFFICULT TO SET BOUNDARIES IN
THESE AREAS?

WHAT WOULD A HEALTHY BOUNDARY LOOK LIKE IN
EACH OF THESE AREAS?

Daily WORKSHEET

KEY 3: PRIORITIZING YOUR WELL-BEING – PUTTING YOURSELF FIRST WITHOUT GUILT *SELF-CARE CHECK-IN*

WHEN WAS THE LAST TIME YOU FELT TRULY NOURISHED? WHAT WAS IT, AND HOW CAN YOU RECREATE THAT FEELING IN YOUR LIFE?

HOW OFTEN DO YOU PRIORITIZE SELF-CARE IN YOUR DAILY ROUTINE?

WHAT ARE YOUR FAVORITE WAYS TO TAKE CARE OF YOURSELF?

WHAT'S ONE SELF-CARE PRACTICE YOU COULD COMMIT TO INCORPORATING INTO YOUR DAILY LIFE?

Daily WORKSHEET

KEY 4: MINDFULNESS – FINDING CALM IN THE CHAOS

MINDFULNESS PRACTICE LOG

· REFLECT ON A SITUATION WHERE YOU TYPICALLY FEEL OVERWHELMED. HOW CAN MINDFULNESS HELP YOU STAY CALM AND PRESENT IN THAT MOMENT?

WHAT IS A COMMON MOMENT IN YOUR DAY WHERE YOU FEEL STRESSED OR DISTRACTED?

HOW CAN YOU INCORPORATE MINDFULNESS INTO THIS MOMENT?

WHAT EFFECT DO YOU NOTICE WHEN YOU PRACTICE MINDFULNESS IN THESE MOMENTS?

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KEY 5: CONNECTION – THE POWER OF RELATIONSHIPS

EVALUATING YOUR RELATIONSHIPS

· WHAT CAN YOU DO TODAY TO STRENGTHEN YOUR CONNECTIONS WITH THOSE WHO BRING YOU PEACE AND JOY?

WHO ARE THE PEOPLE IN YOUR LIFE WHO MAKE YOU
FEEL SUPPORTED AND UPLIFTED?

WHO ARE THE PEOPLE OR RELATIONSHIPS THAT
DRAIN YOUR ENERGY?

WHAT STEPS CAN YOU TAKE TO NURTURE THE
POSITIVE RELATIONSHIPS AND SET BOUNDARIES IN
THE DRAINING ONES?

Daily WORKSHEET

KEY 6: SELF-COMPASSION – EMBRACING IMPERFECTION

PRACTICING SELF-COMPASSION

·THINK OF A RECENT SITUATION WHERE YOU WERE HARD ON YOURSELF.
HOW CAN YOU REFRAME IT WITH SELF-COMPASSION AND KINDNESS?

WHAT ARE SOME OF THE CRITICAL THOUGHTS YOU
OFTEN HAVE ABOUT YOURSELF?

HOW WOULD YOU RESPOND TO A FRIEND WHO
SHARED THESE THOUGHTS WITH YOU?

WHAT IS ONE LOVING, COMPASSIONATE ACTION YOU
CAN TAKE TOWARDS YOURSELF TODAY?

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KEY 7: ACTION – MOVING FROM OVERTHINKING TO DOING

BREAKING DOWN YOUR GOALS

WHAT SMALL, DOABLE STEP CAN YOU TAKE RIGHT NOW TO MOVE CLOSER TO YOUR GOAL?

WHAT IS ONE GOAL YOU'VE BEEN PROCRASTINATING ON?

WHAT HAS BEEN STOPPING YOU FROM TAKING ACTION?

BREAK THIS GOAL DOWN INTO 3 SMALL, MANAGEABLE ACTIONS. WHAT IS THE FIRST STEP YOU CAN TAKE TODAY?

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KEY 8: GRATITUDE – SHIFTING FROM SCARCITY TO ABUNDANCE

DAILY GRATITUDE PRACTICE

· HOW DOES PRACTICING GRATITUDE INFLUENCE YOUR SENSE OF WELL-BEING? WHAT WOULD YOUR LIFE LOOK LIKE IF YOU FOCUSED MORE ON ABUNDANCE THAN ON SCARCITY?

WHAT ARE 3 THINGS YOU ARE GRATEFUL FOR TODAY?

HOW DOES FOCUSING ON GRATITUDE CHANGE YOUR MINDSET OR EMOTIONS?

WHAT ARE 3 THINGS YOU'RE GRATEFUL FOR ABOUT YOURSELF?

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KEY 9: PURPOSE – ALIGNING WITH WHAT LIGHTS YOU UP

CLARIFYING YOUR PURPOSE

· REFLECT ON WHAT GIVES YOU A SENSE OF PURPOSE. HOW CAN YOU MAKE THIS A GREATER PART OF YOUR LIFE IN THE COMING WEEKS?

WHAT ACTIVITIES OR PASSIONS MAKE YOU FEEL MOST ALIVE AND ENGAGED?

WHAT ARE YOUR PERSONAL VALUES, AND HOW CAN YOU LIVE MORE IN ALIGNMENT WITH THEM?

WHAT IS ONE WAY YOU CAN INCORPORATE YOUR PURPOSE OR PASSIONS INTO YOUR DAY-TO-DAY LIFE?
