



Succeeding When I'm Not OK!

Worksheet

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1. Follow the prompts below.
2. Reflect on each statement and give yourself an energy rating between 1-5 (1 = Low / 5 = High).
3. As you answer each statement, honor and acknowledge yourself in that moment and then work to find the courage to take action.

Identify and acknowledge where you might not be ok, why, and ways to create a different outcome:

Energy level 1-5

The Situation - What is happening? What am I experiencing?

My Thinking - What am I thinking and believing about this situation?

My Current State - What are the emotions I am feeling?

Reminder: Honor and acknowledge the feelings unconditionally!

My Future State - What do I want to experience and feel instead?

My Choices - Where is the Courage Needed? What is the next action I can make for a different outcome?

