

Worry Release Worksheet



CATEGORY

QUESTIONS

Procrastination

What have you been putting off and why?

Anger

Are you holding resentment?
How can you release it?

Incomplete Goals

What small steps can you take right now to work toward your high-level goals?

Fear

What worries are weighing you down?

Discouragement

What roadblocks are keeping you from where you want to be?

Sorrow

What burden are you carrying with you?

Joy

What made you smile this week?
What are you looking forward to?