

10 MINUTES TO WELLNESS WORKSHEET



Close your eyes.

Sit down comfortably.

Find a position you
can stay in for a while.

Inhale through your
nose.

Slowly breathe the air
out of your mouth

Do this four
counts each.

When your mind
wanders, return your
focus to your breath.

Do this as many times
as you like.



Wellness Worksheet

Write down the problem at the top of a piece of paper.

Write down on the left side of the paper how the problem hurts you.

Write down on the right side of the paper how the problem SERVES you.

Leave the exercise overnight and revisit the next day.

Ask these questions:

Are you willing to let go of the NEED for the problem?

Are you willing to let go of making the problem about someone else?

How big does the problem feel now?

Problem:

HURTS	SERVES

