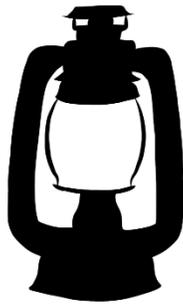


deepen your roots of
• self-awareness and •
self-acceptance



Welcome

When we release our preconceived ideas of what our lives “should” look and feel like and we loosen our grip and open up to messiness, imperfection, and joyful possibility, something incredible happens.

We change. Our circumstances don’t always change – or not right away. But we begin to see differently.

Because you’re here with me, my guess is you’re tired of living in worry or letting life pass you by because you’re stuck in fear or comparison or feeling never, ever good enough. You’ve spent enough of your life mired in the lie that a beautiful life is a struggle, stress, or pain-free life.

Real life is messy. Yes, you’re imperfect and still on the journey. But here is a powerful, life-changing truth: this does not disqualify you from a beautiful, joyful, purpose-filled life.

I know what it’s like to feel afraid every day. To live with a vicious inner critic and to hold my breath waiting for the next shoe to drop. I also know what it’s like to finally choose to like who I am, to loosen my grip, take imperfect action, and practice consistently showing up through fear. Door number 2 is a whole lot more fun.

This worksheet set is a simple taste test of the worksheets and themes offered in my [Show up Afraid](#) course. The full course explores:

- Module 1: Self-awareness & self-acceptance
- Module 2: Ditching comparison and the trap of trying to keep up & measure up
- Module 3: The roots of perfectionism & the gifts of loosening our grip
- Module 4: Mind-body approaches to moving through fear
- Module 5: Mindset & learning to be the boss of our thoughts
- Module 6: Getting clear on our unique gifts, perspective & the light we have to offer.
- Module 7: How rest, play & productivity are tangled up together
- Module 8: Lifestyle practices to build a sustainable & joyful life

Whether you dive in to the full course or choose to practice self-awareness & self-acceptance with these worksheets alone, may you show up fully – with joy and on purpose - to your imperfect & beautiful life.

NOTE: This worksheet set is copyrighted and for individual use only. Krista is a Writer & Joyful Living Educator, not a doctor or mental health professional. This worksheet set is offered for the purpose of education & encouragement only, not as medical advice.

[Krista xo](#)



Practicing *Self-Acceptance*

My guiding mantra or verse for this season

How do I want to FEEL?

--	--	--

3 things I'm grateful for today

2 things I did well today

1 thing I could do differently next time

I can be both imperfect & beautiful

self-awareness What did I notice about myself today?

self-compassion How did I treat myself with kindness and respect today?

notice What else struck me today?



SELF CARE *checklist*

*We are more vulnerable to the voices of fear when we are depleted.
Care for yourself like you matter. You do.*

Look back at the happy-stress list and add more of your happy things onto our self-care checklist...

I got 7-8.5hrs sleep last night								
I drank 2-3L water								
I moved my body								
I paused to listen in to how I'm feeling or what I need								
I spoke to myself with kindness								
I practiced "good enough" today								
I made a bid for connection								
I honored my boundaries								
I ate 3 nourishing meals in a calm state								
I took at least a short break from all media today								
I took at least 15 minutes to just BE								
I laughed today								
I allowed myself to FEEL today and didn't run or numb these feelings								
I used my gifts or contributed in a meaningful way								
I set my top 3 priorities for the day and didn't allow other people's emergencies to pull me off track								
I got outdoors or used a light lamp								



SHIFT >> *your thoughts*

SITUATION	
THOUGHT	SHIFTED THOUGHT
FEELING OR MOOD (1-3 words. Rate intensity 1-10)	SHIFTED FEELING OR MOOD
ACTION	SHIFTED ACTION
OUTCOME	SHIFTED OUTCOME



SHIFT >> *your thoughts*

SITUATION	
I had an argument with my husband. It was while I was making supper and everyone was hungry.	
THOUGHT >>	SHIFTED THOUGHT
I always mess up. I am not good enough. This is never going to change. I am afraid we will end up divorced one day.	I don't like the way we treated each other. I made a mistake but I'm growing and learning. Life is a journey.
FEELING OR MOOD (1-3 words. Rate intensity 1-10) >>	SHIFTED FEELING OR MOOD
Unloved 8/10 Sad 6/10 Mad 7/10	Sad 3/10 Compassionate 6/10
ACTION >>	SHIFTED ACTION
I go looking for sugar in the kitchen and over-eat. I don't want to but feel I have no control.	I go outside for a 20 min walk because moving my body helps clear my mind and helps me breathe deeply. I review my mind body spirit intentions then return home, apologize and ask if we can try again. We hug.
OUTCOME >>	SHIFTED OUTCOME
My stomach hurts and now my moods are worse than before. I sabotaged my health goals again.	We feel connected again and I feel proud of how I am learning and growing.



SHIFT >> *your thoughts*

SITUATION	
I recieved criticism today and it hurt / was uncomfortable	
THOUGHT	SHIFTED THOUGHT
I'm too sensitive. My writing is "too much" (too emotional, negative) + not enough	I am not for everyone + not in every season. I am writing for a small group of people who will be served by my work.
FEELING OR MOOD (1-3 words. Rate intensity 1-10)	SHIFTED FEELING OR MOOD
Anxiety 5/10 Self-doubt 6/10 Anger 3/10	Anxiety 3/10 Compassion (for both of us) 7/10 Sadness 3/10
ACTION	SHIFTED ACTION
I ruminate about what she wrote. I believe her opinion about me. (The hurt grows.)	I practice self-compassion + come back to my WHY. I offer my work and let others be responsible for how they recieve it.
OUTCOME	SHIFTED OUTCOME
I stop writing or filter it to try to please people. I lose my voice.	I show up afraid - but also joyful, determined, "on purpose." I live aligned in my mission + encourage others to do the same.



BRAIN *download*

Get all your swirling thoughts onto paper...

What is not mine to carry!

What I want/need to act on!

*What I'm ready to postpone/
let go of!*

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