

# Kick Anxiety to the Curb

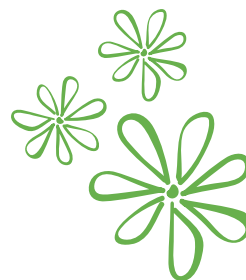


## JOURNAL & WORKBOOK

# HOW TO USE THIS WORKBOOK

Included in the beginning of this you'll find the following resources to fall back on as you're filling out the workbook:

- Mindfulness Tips
- Meditation Apps and Benefits
- Positive Affirmations
- Alternative Thoughts



## IT TAKES 21 DAYS TO CHANGE A BEHAVIOR AND CREATE A NEW HABIT

Below you will find 1 day (re-usable) of  
Events - Thoughts - Feelings - Behavior - Outcome  
followed by:

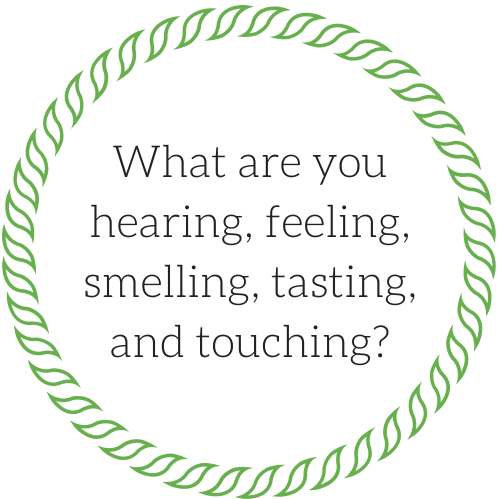
Alternative Thoughts - Feelings - Behaviors

When you experience any NEGATIVE feelings, fill out the workbook by documenting the preceding event, thoughts, feelings, behavior and the outcome of your behavior.

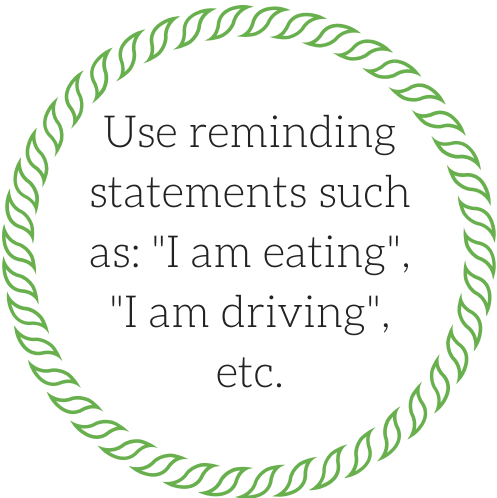
Then, continue by writing the replacement thoughts, feelings, behaviors and outcomes. All of those things that you could have done differently to bring you to a more positive outcome.

REPEAT THIS PROCESS FOR THREE WEEKS AND YOU WILL  
NOTICE A TRANSFORMATION IN YOUR AUTOMATIC  
THOUGHTS.


# Mindfulness Tips



What are you  
hearing, feeling,  
smelling, tasting,  
and touching?



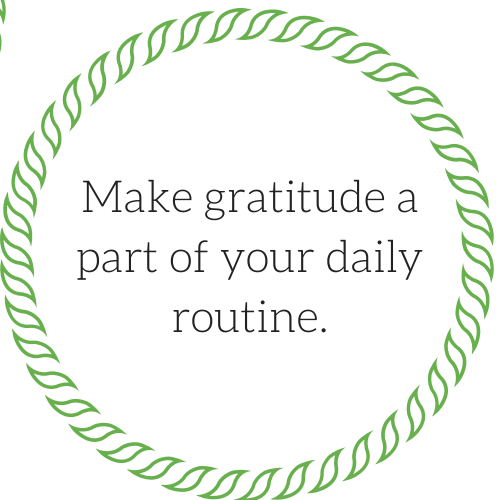
Use reminding  
statements such  
as: "I am eating",  
"I am driving",  
etc.



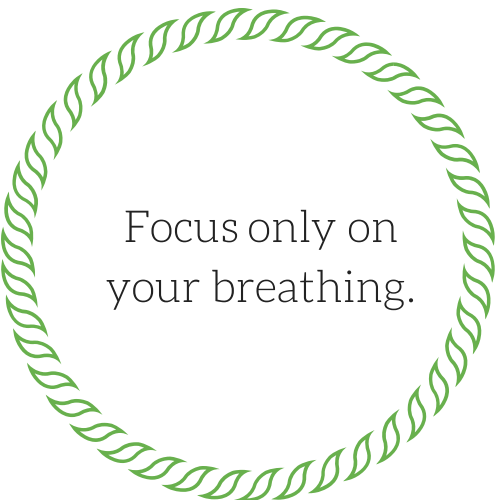
Remember to use  
your 5 senses during  
all of your daily  
activities!



Stay present in the  
moment.



Make gratitude a  
part of your daily  
routine.



Focus only on  
your breathing.



Take 10 minutes  
to do NOTHING.



# Meditation Apps and Benefits

Smiling Mind App  
This app is a nice  
meditation app for  
beginners and  
children.

Insight Timer  
App is a nice app  
full of any kind  
of mediation that  
you're looking  
for!

Schedule  
meditation into  
your day as you  
would plan a meal.

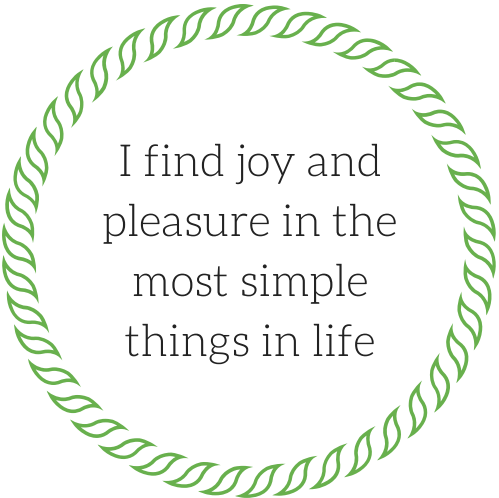
You only need 5  
minutes per day  
to start!

Meditation leads  
to improved  
concentration and  
memory!


Meditation Studio  
This app is great  
for beginners or  
intermediate  
meditators!

Meditation leads  
to imroved health,  
improved  
relationships and  
less stress!

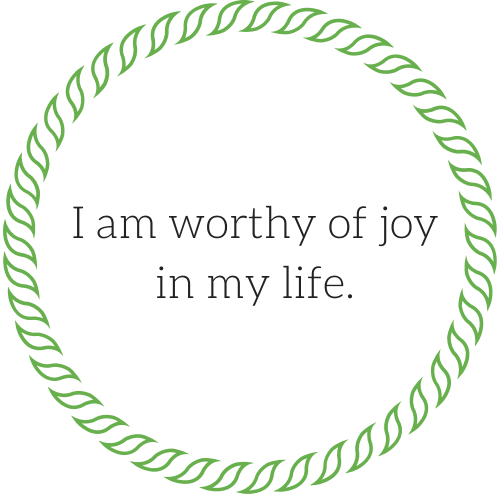
# Positive Affirmations:



I find joy and  
pleasure in the  
most simple  
things in life



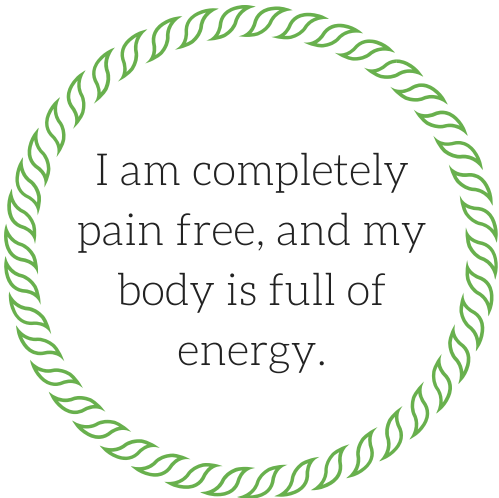
I have now  
reached my goal of  
----- and feel  
the excitement of  
my achievement



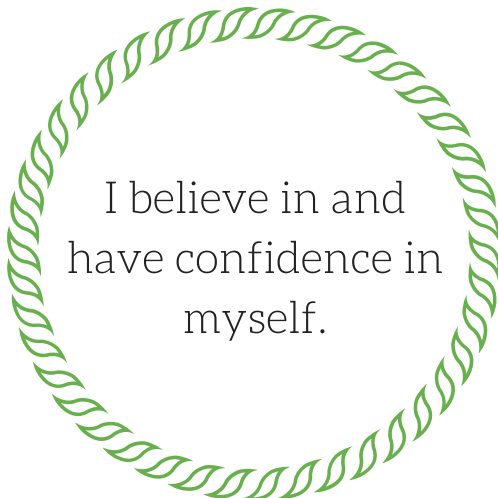
I am worthy of joy  
in my life.



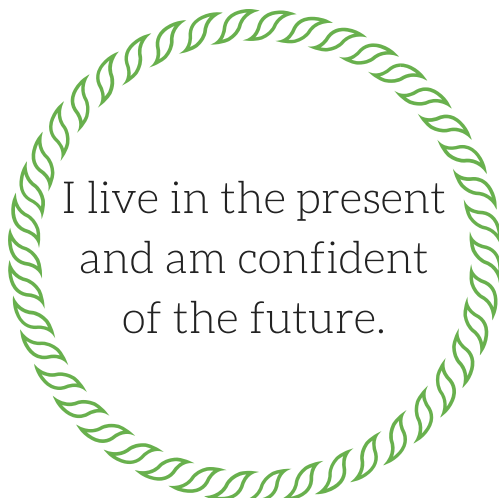
I easily find  
solutions to  
challenges and  
roadblocks and  
move past them  
quickly.



I am completely  
pain free, and my  
body is full of  
energy.



I believe in and  
have confidence in  
myself.



I live in the present  
and am confident  
of the future.

# Alternative Thoughts:

I can cope with  
my stress and  
keep it from  
making my  
anxiety worse.

I am in control of  
my feelings  
regardless of what  
others say or do to  
me.

I feel healthy, fit  
and in control! I  
know I am able to  
make better food  
choices.

My body is  
beautiful and  
capable of so many  
things.

I've handled more  
difficult things  
before, I can do  
this.

I can move forward  
by focusing on my  
goals , rather than  
looking at the pain  
in my past.

I am proud of  
myself for times  
that I have been  
able to let the little  
things go

*Preceding  
Event*



*Negative  
Thoughts*



*Feelings*



*Behaviors*

A large rectangular box with a decorative green border. The border features ornate, swirling corner pieces. The box is empty, intended for writing.

*Outcomes*


A large rectangular box with a decorative green border. The border features ornate, swirling corner pieces. The box is empty, intended for writing.

*Replacement  
Thoughts*

A large rectangular box with a decorative green border. The border features ornate, swirling corner pieces. The box is empty, intended for writing.



*Replacement  
Feelings*



*Replacement  
Behaviors*



*Replacement  
Outcomes*



What things did I do to be more mindful today?  
If the answer was "nothing", what can I do  
differently tomorrow?

A large rectangular box with a green border, designed for writing a response to the first question. The border is a simple green line with decorative, swirling flourishes at each of the four corners.

What are some affirmations I could have used  
today during the more difficult times?

A large rectangular box with a green border, designed for writing a response to the second question. The border is a simple green line with decorative, swirling flourishes at each of the four corners.

Remember to schedule at least 5 minutes of  
meditation into your day!  
How did I feel after meditating?

A large rectangular box with a green border and decorative swirls at the corners, intended for writing a response.

How can I make sure that I meditate at least 5  
minutes daily?

A large rectangular box with a green border and decorative swirls at the corners, intended for writing a response.

What was it like to recognize and change my  
negative thoughts today?



How did changing my thoughts change the outcome  
of the situation?



If you've put time into and completed these exercises,  
then you're on the right path!

There is a lot more work to do, but once you start to see  
that there are steps that YOU can take that will give you  
more control in your life AND when you actually TAKE  
those steps and see EVIDENCE of CHANGE, you will  
know that you are capable of so much more...

For more work on getting “unstuck” and creating  
your FIERCE life, check out my 12-week Stepping  
Stones program

<https://www.gravitylifecoaching.com/work-with-me>

Keep moving forward...keep telling yourself you  
can. It's okay to invest in and take time for  
yourself. You are worth it.



Love,  
*Erin*

