

THE WHAT IF'S WORKSHEET®

DAY # _____ DATE: _____

INSTRUCTIONS: This is designed to calm down the survival brain and give the creative mind something more constructive to focus on

NEGATIVE VERSION

List all concerns, worries, anxieties, etc. Start each sentence with "What if..."

E.g. What if we can't make the deadline?

E.g. What if I run out of money?

POSITIVE VERSION

Re-write each sentence in the positive. Start each sentence with "What if..."

E.g. What if we CAN make the deadline?

E.g. What if I attract all the money I need, plus lots more?

NEGATIVE OK VERSION

If the positive version doesn't calm down your survival brain, try the negative version but add in the words "...and it's ok - I learn and move on?"

E.g. What if we can't make the deadline and it's ok - we learn and move on?

E.g. What if I run out of money and it's ok - I learn, grow and move on?



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CEO of The Artistry of Change Training and Coaching, Inc.
www.ArtistryofChange.com Carla@ArtistryofChange.com