

Worry to Wonder

Supplies:

- paper
- pen
- markers

Prep:

- Find a quiet place or your favorite place to work alone. Put on some music or white noise.

How it works:

Write down the thing that is making you anxious or worried, insecure or scared. Underneath write down two things you're grateful for. Under those write down why you're grateful for those things. Now, go back and read your worry - what is ONE thing you can do to ease that worry? Write it down.... Then do it!

Example:

Check out the sample by Julienne on page two!

I worry about what's next for my career

I'm grateful for
my current job

It provides security

My coworkers are really
cool people

I've learned skills I never
thought I would learn

I'm grateful for
my work ethic

I've made changes other
people felt were
impossible to make

I've designed projects
that have impacted
thousands of people across
the country for the better

I've challenged other people
to stretch themselves
and unlock new potential

I will continue to do good work, take risks & opportunities, make connections, and trust the right door will open to something great