

Identify Your Challenge Worksheet

STEP 1:

Identify the issue to work on today.		
	What's working that you are grateful for?	What would you like to change?
Career		
Health		
Finances		
Relationships		
Spirituality		
Choose one area from the above that you would like to change and complete following.		
The area I would like to change is:		
What I am experiencing in that area that I don't want to experience is:		
What I would like to experience in that area is:		

STEP 2:

When you think about this problem or challenge, notice what emotion or physical sensations that you feel in connection with this experience. Write them down here. Stay with emotions such as fear, anger, sadness, grief, etc. Refrain from explaining why you feel what you feel, just stick with the emotion. Allow yourself to feel the emotion. Also, notice the sensations in your body with you think about the problem. Where do you feel the emotion or other sensation in your body?

When I think about the area I would like to change I feel (name the emotion and/or physical sensation):

STEP 3:

Rate the strength of that emotion and/or physical sensation on a scale of 1-10.

On a scale of 1 – 10 that emotion and/or physical sensation is at a . . .

STEP 4:

Once you are in touch with the emotions and/or sensations, close your eyes and allow yourself to scroll back through your life and remember other times that you felt that same emotion. Pretend you are in a movie theater and watching various scenes in your life scroll through your awareness. Notice which memories have the strongest emotional charge. Also notice how far back you can remember. Then list up to 3 of the earliest and/or most powerful memories, then rate the emotional charge on each memory.

Most powerful memories	Emotional Charge
1.	
2.	
3.	

