

Reflect ~ Review ~ Renew WORKSHEET

Describe a situation that is causing you stress and how it is affecting you.

Describe this situation from a different or objective perspective? How is your “helper” affected?

Describe the best possible outcome for yourself and your “helpers.”

Describe the feelings and outcome you and others expect to experience by improving this situation.

List three small changes you or others could make to improve the situation.

List three big changes you or others could make to improve the situation.

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List three steps you or others could take to make the situation worse.

Share gratitude for how this situation and the people in it are helping you grow, change, learn, get stronger, etc., and any other positives you want to acknowledge.

Your Action List

Smallest action: _____

Biggest action: _____

Easiest action: _____

Hardest action: _____

Key action: _____

_____ action: _____

List three things you can do to renew?

What can you...

Pass on? _____

Purge _____

Pause _____

Notes:
