



New Possibilities Worksheet: One Thing!

Grab a piece of paper and jot down your answers to the following questions:

- 1) What is *not* working for you right now? Go ahead, write it down. (could be a habit, internal thought pattern, an old chair, or your knee)

- 2) Can you detect a feeling, belief, or emotion underneath this problem? Where do you feel this in your body? Write it down. Feel this feeling in your body and notice what your inner critic is saying about this.

- 3) What *IS* working for you right now? Write it down. Can you detect a feeling, belief, or emotion underneath this? Where in your body?

- 5) Write down *ONE* thing that you can do differently (a new behavior) to affect what is not working for you right now. Write it down. Example: "I breathe when I feel the tension in my stomach around what is not working.") Do this every day x 5 days!

- 4) Write down *ONE* thing that you can do to feed what is working for you right now. Write it down. Do this every day x5 days!

CONGRATULATIONS! You are now practicing the art of opening to possibilities!!