

the

STUCK TO EMPOWERED

MOOD SHIFT WORKSHEET



THE COACHING MASTERS

STEP #1

Explore what emotional zone you are currently in:

GREEN ZONE

CALM
FOCUSED
HAPPY
IN CONTROL
OKAY

☐

BLUE ZONE

BORED
SAD
SICK
SLOW
TIRED

☐

YELLOW ZONE

ANXIOUS
CONFUSED
EXCITED
FRUSTRATED
NERVOUS

☐

RED ZONE

ANGRY
LOSS OF CONTROL
PANIC
SCARED
URGE TO YELL/
DESTROY SOMETHING

☐

STEP #2

Become aware of your thoughts. Set a timer for 3 minutes and write down every thought that comes up for you during that time.

STEP #3

Read through all the thoughts you've just written down. Note the ones that could cause or further feed your unpleasant feelings.

STEP #4

Now try to challenge each of these thoughts
with the following questions:

YOUR THOUGHT
What is the story that my thought is trying to tell?
Is it true? Can I be 100% sure that it's true?
Can I find any evidence that the thought is not true or that it means something else?
If I really can't find any evidence that the thought might not be 100% true - is it helpful?
What does holding on to this thought (or believe) do for me?
How could letting it go serve me better?
Am I going to allow this thought (or believe) to dictate my mood for the rest of the day?
Am I willing to give it more time and energy?
What else could I do with my time and energy instead that would be more fun or serve me better?
Will this matter in 3 years from now? If so, why would it matter? If not, why would it matter now?
Is there any deeper meaning behind this? If yes, what can I do to realign my life with my overall vision and core values?