#### WORKSHEETS

# HEAL YOUR ANXIETY & BE HAPPIER

(WE DID, YOU CAN TOO!)

A simple course book to teach the most effective techniques as used by world leading experts to heal anxiety & increase daily happiness

#### **ROB & SUKEY CARDER**

## **CHAPTER 1 WORKSHEETS**

Student:

Start Date:

In one sentence, what problem are we trying to solve?

Mark your current adrenaline score and date on the tracking chart below:

Carder Kaizen – Life Coaching System Scoring & Tracking											
Adrenaline Level Score: quality of life can be affected as described:		Mildly neg	<b>fellow Ale</b> affected: r ative thou age & bel	repeated ughts,	Mod frequer	Amber Alert:Red Alert:Moderately affected:Severely affected: selffrequent bouts of anxiousmedicating or takingfeelings, resulting inprescribed medicine,		d: self aking			
<b>Green:</b> Calm & relaxed, very happy with life			resu un confid	Ilting in ge happiness ence, weig	n general insomnia, avoidance of		anxious most of the time, panic attacks, agoraphobia, depression, thoughts of harming self or others.				
	1		2	3	4	5	6	7	8	9	10
	<b>Measure Progress:</b> It is important to measure your progress over the next 12 weeks using the adrenaline level scale below so that you can see your progress and change tactics if needed:										
10	10	10	10	10	10	10	10	10	10	10	10
9	9	9	9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1	1	1	1
Start Date	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12

# Describe in detail when and where the problem started and any current trigger situations:

What happened to you? Write a timeline of negative events, including when the main problem started.			
Age	Negative Event		

## **CHAPTER 2 WORKSHEETS**

Notice your thoughts, language, behaviour, body language, and feelings.

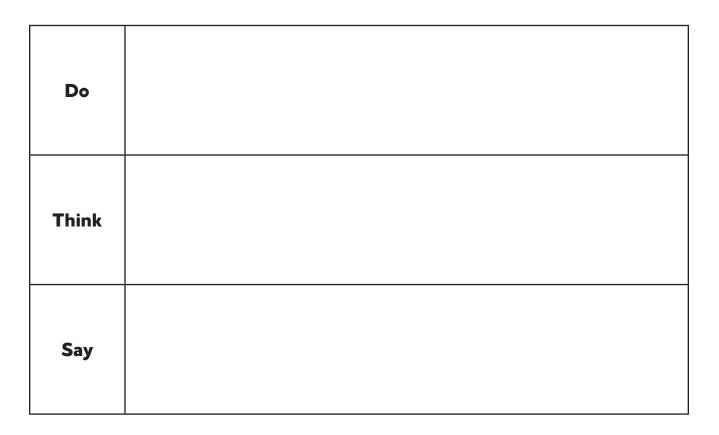
Before	During	After

Before	During	After

## **CHAPTER 3 WORKSHEETS**

Tool 1: Reframe the fundamental problem(s) to be positive and remove the negative emotion associated with it.

Positive Reframing



Tool 3: Focus - What do you want your future to look like in one year? What will your happiness/relationships/work be like? Writing it down will help you to visualise your bright future, and then, it is more likely to happen.

Happiness	
Relationships	
Work	

#### Tool 4: Gratitude.

Day	Entries
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

#### *Tool 5: Practise exposure to any triggers by...*

Trigger	Practise and Repeat Frequently

## **CHAPTER 4 WORKSHEETS**

Identity: Describe the new Super You and visualise a big, bright image of yourself:

Belief #1	
Reinforcing Story 1.1	
Reinforcing Story 1.2	
Reinforcing Story 1.3	

Belief #2	
Reinforcing Story 2.1	
Reinforcing Story 2.2	
Reinforcing Story 2.3	

Belief #3	
Reinforcing Story 3.1	
Reinforcing Story 3.2	
Reinforcing Story 3.3	

# **CHAPTER 5 WORKSHEETS**

Write down your final plan and goals and put it somewhere you will see it regularly, which will make it more likely to happen.

Positive Behaviour Checklist	Goals
No negative media	Identity:
Eliminate caffeine	
Drink plenty of water	Belief 1:
Take a magnesium supplement	Belief 2:
Reframe/swish past and present negative events to positive ones	Belief 3:
Build a morning confidence routine	1 Year Personal Goal:
Focus on what you want your future to look like	
Keep a daily gratitude diary	1 Year Relationship Goal:
Be courageous and push your comfort zone	1 Year Work Goal:
Read/watch/listen to inspirational positive media	