

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?

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 |
|------------|-----------------------|
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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.

| Negative Situation | Positive Reframing |
|---------------------------|---------------------------|
| | |
| | |
| | |

Tool 2: Act As If - What will the new "Super Confident You" be like?

| | |
|--------------|--|
| Do | |
| Think | |
| Say | |

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 |
|---|
| No negative media |
| Eliminate caffeine |
| Drink plenty of water |
| Take a magnesium supplement |
| Reframe/swish past and present negative events to positive ones |
| Build a morning confidence routine |
| Focus on what you want your future to look like |
| Keep a daily gratitude diary |
| Be courageous and push your comfort zone |
| Read/watch/listen to inspirational positive media |

| Goals |
|----------------------------------|
| Identity: |
| Belief 1: |
| Belief 2: |
| Belief 3: |
| 1 Year Personal Goal: |
| 1 Year Relationship Goal: |
| 1 Year Work Goal: |