

■■■■ Feel It to Free It Worksheet

Use this worksheet to explore how your discomfort can become a source of growth. Slow and steady through good and bad wins the day.

1. Identify the Discomfort: What's one area of life that feels uncomfortable right now?

■ Relationships ■ Finances ■ Health ■ Identity or Purpose ■ Other:

2. Name the Feeling: What emotion do you feel when you think about it?

3. Connect to Growth: How might this discomfort actually be helping you grow or heal?

4. Set a Small Practice: What's one way you can stay with this feeling instead of avoiding it this week?

5. Reframe the Story: Complete this sentence:

"This pain is teaching me _____."

6. Reflection: How do you feel after naming and reframing the pain?
