UPLIFT

YOUR GUIDE AND SUPPORT THROUGH THE EMOTIONS OF CHANGE

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Welcome Session

As you go through the emotions of change, name three things that will help carry you forward.

These could be strengths, skills, tools, people, pets - anything you draw strength and inspiration from!

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UNCOMFORTABLE

1. What are the signs you're feeling uncomfortable during the emotions of change?

2. If this uncomfortable feeling inside could speak, what would it say?

3. What can you do to help yourself while you're feeling uncomfortable?

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PRESSURE

Name pressures you're feeling during your change and address each one with your own words to support and uplift yourself

1. Pressure from **yourself**:

   Words to uplift yourself:

2. Pressure from your **situation**:

   Words to uplift yourself:

3. Pressure from **family**:

   Words to uplift yourself:

4. Pressure from **friends**:

   Words to uplift yourself:

Uncomfortable
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PRESSURE

Name pressures you're feeling during your change and address each one with your own words to support and uplift yourself

5. Pressure from your **community** (neighbors, school, work etc):

Words to uplift yourself:

6. Pressure learned from your **childhood**:

Words to uplift yourself:

7. Pressure from **society**:

Words to uplift yourself:

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LAYERS

Outer Layer: circumstances, facts, roles

1. What did your outer layer look like before your change?

2. What does your outer layer look like now?

Inner Layer: beliefs, fears values, emotions

3. What did your inner layer look like before the change?

4. What did your inner layer look like after the change?

Extra > Wrap your answers in a layer of love like with a circle or put a heart around them

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ISOLATING

What have you isolated as the best things to help you through this season?

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FUN

1. When can you take a mental break?

2. How can you give yourself a healthy escape?

3. What can you do that you enjoy when you are in the emotions of change?

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TAKEAWAY

1. What can you already see is a big takeaway from this season of change? Or if that's too hard to answer right now, what MIGHT be a big takeaway from this season of change?

2. How will you keep this takeaway close, especially when the emotions and intensity of change increase?

3. What is your key takeaway from UPLIFT?

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Takeaway

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THANK YOU!

Keep this workbook close as you go through the emotions of change.

Share your story, feedback, or questions at josie@affirmationpod.com

Podcast: AffirmationPod.com

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