

CLARITY OVER STRESS WORKSHEET

1. Identifying Stressors

What current tasks, responsibilities, or thoughts are causing you the most stress right now?

Write them out here (be as specific as possible):

2. Recognize Your Stories

For each stressor, what stories or negative beliefs are you telling yourself? (e.g., "I'm behind," "I should have done this already," "I'm not good enough")

List those thoughts below:

3. Separating Fact from Fiction

What is the baseline fact or reality of your situation?
(e.g., "There is clutter in my basement," "My schedule is full")

What is the negative story layered on top?
(e.g., "I'm so irresponsible," "I'll never catch up")

4. Releasing the Weight

Which negative thoughts or stories can you let go of today?
(Decide to shed the mental/emotional clutter and write them down.)

CLARITY OVER STRESS WORKSHEET

5. Anchoring in Your Capabilities

List evidence from your life that you can handle challenges and create clarity.

(e.g., "I signed up for this podcast/worksheet," "I've solved tough problems before.")

6. Tiny Steps to Clarity

What is one small, manageable step you can take toward clarity today?

(e.g., "Declutter one drawer," "Sort paperwork for 10 minutes")

7. Winning Mindset Statement

Write an empowering statement to start each day:

8. Celebrate Your Wins

After you complete your tiny step, note how it felt and what clarity you gained.

Did any energy or lightness come in?

9. Plan Your Next Step

What is your next small step, and when will you take it?