

Hello Friend!

I am so happy you're taking the first step in reclaiming your day by renewing your mind.

You dreamed that this phase of your life would feel happier, calmer, and more fulfilling. Instead you just feel like you're in a rut of the same mundane tasks everyday. Or maybe you feel like you're in a whirlwind of chaos just trying to make it to bedtime each day.

Either way, I've got you covered.

We may not always be able to control our circumstances: toddlers will be toddlers, cranky bosses will be cranky. But we can control how we think, feel, and behave in those circumstances.

When we take control of our minds and behavior, we can find calm in the chaos and purpose in the mundane.

Who wants a life with more purpose and peace?

How to use this worksheet:

- Follow the prompts every day for the next 5 days. If today is Tuesday, start there.
- Use this to work through situations where you'd like to respond well rather than react
- Don't overthink it. The spaces are small on purpose. Write what first comes to mind.

What will I gain from this worksheet?

- A greater awareness of how your thoughts and feelings are impacting your behavior
- A plan of action each day to choose peace and joy over chips and scroll.

Today is the day you stopped being tossed about by your circumstances and took control of your life. Mark it on the calendar; you won't want to forget this.

Your Cheerleader,
Phoebe Barron

<i>Observe</i>	Right now I'm feeling...	I'm trying to avoid feeling...
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

<i>Understand</i>	I'm feeling this way because... (Stick to the observable facts of the situation)
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

<i>Analyze</i>	The main thought going through my head about this situation is...
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

Analyze	Because of my thoughts and feelings about the situation, this is how I am reacting/behaving.
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

Filter	Is this how I want to be reacting/behaving to this circumstance?	
	Yes/No	Instead I'd like to behave like this...
Day 1	Yes/No	
Day 2	Yes/No	
Day 3	Yes/No	
Day 4	Yes/No	
Day 5	Yes/No	

Redirect	When I feel...	I usually...	Instead, today I will...
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

You did it! It was imperfect and you probably missed a few days, but you spent regular time tuning into your thoughts and feelings and now have a better understanding of why you're doing that thing you wish you didn't do.

Why stop now?

Join me and a small group of like-minded mamas in taking a deep dive into the mind, body and spirit and how you can align each of those within yourself and with Scripture in order to live with more peace and purpose.

You will learn what messages your thoughts, emotions, body sensations are telling you and how to filter them through the truth of God's word that will lead to actual behavior and life change.

You don't have to do this alone. I've taken the best education and exercises I've learned and integrated them with Scripture, so you can have an easy to follow plan to find freedom from worry, overwhelm, and the daily desire to numb out from your people and responsibilities.

Because you've downloaded this, you'll be one of the first ones to hear about this small group experience. I'll be taking 10 women on this 4 week journey at the beginning of 2021. You won't want to miss out!

Let me know on Instagram how this worksheet has helped you find sanity and peace in your day. And let your friends know they can find this worksheet *for free* at phoebebarron.com

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