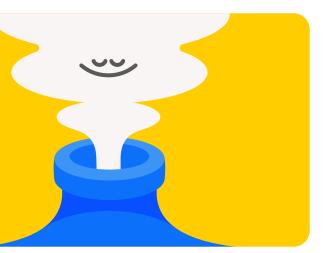
EMPLOYEE WORKSHEET

Worry Release Worksheet



CATEGORY	QUESTIONS
Procrastination	What have you been putting off and why?
Anger	Are you holding resentment? How can you release it?
Incomplete Goals	What small steps can you take right now to work toward your high-level goals?
Fear	What worries are weighing you down?
Discouragement	What roadblocks are keeping you from where you want to be?
Sorrow	What burden are you carrying with you?
Joy	What made you smile this week? What are you looking forward to?

