

Overcoming Emotional Challenges

Overcoming Emotional Challenges Example

Here are the steps to create a plan to overcome an emotional challenge.

1. Write your emotional challenge.

- **Lack of self-worth**

2. List how it affects your health

- **Reduced sleep**

- **Ate more comfort foods, increasing weight**

- **Killed my motivation to exercise**

3. List the actions you can take to overcome that challenge.

- **Make a list of the top ten accomplishments in my life**

- **Read the list out loud every morning**

- **Schedule coffee with a friend once a month to talk about confidence and accomplishment**
- **Make exercise a priority**

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Overcome an Emotional Challenge Worksheet

- 1. Write your emotional challenge.**
- 2. List how it affects your health.**
- 3. List the actions you can take to overcome that challenge.**