

The Work Worksheet

Fill out this worksheet or answer the questions in a separate journal.

If done daily this journaling exercise can be a game changer for your attitude, behavior, stress level, and relationships.

Inspired by “The Work” of Byron Katie, learn more at TheWork.com

1. Write down one thing that angers, frightens, saddens, or disappoints you.
2. Describe the experience you do not want to have.
3. What would you need to happen differently in order to be happy?
4. What is the judgment you are making about the situation or people involved that has you feeling this way? (hint - it probably includes the word “should”)
5. What evidence has you think that this judgement is true?
6. What evidence is there that it might not be 100% true?

