



FEELING BROKEN WORKSHEET

Have you ever felt like your life was not your own?

● NO ● YES

Do you at times feel like it's impossible to move forward in life?

● NO ● YES

Feeling broken, misplaced, or helpless in our own lives is common and more normal than you think. There is no guide book to life. There is no right or wrong answer. That is why when you feel stuck or hopeless, it is so important to remember that it's ok...that everything will be ok. It's ok to not know your next steps or what to do. It is all part of your unique experience.

In the moments that you feel broken, the goal is to feel what you need to feel and move through those feelings. *Don't allow yourself to get stuck there. Even in moments of despair, it is imperative that you show up for yourself. You may have to fight tooth and nail to get out of bed some days, but showing up for yourself, even when it hurts to, sends a message to the Universe that you are willing to do the work that it takes to shift from broken to healed.*

In order to begin the healing process, you must first connect with your feelings. How do you feel in your life right now? How do you feel when your life seems out of alignment?

Choosing to show up and engage in our lives is an important part of living intentionally and authentically.

How are you showing up for yourself in your daily life? Are you a person that allows life to happen to you, or do you live on purpose? Do you actively participate in setting intentions for your life? *Reflect on how engaged you are in your own life. Write down the ways you either engage with life or ways that you would like to engage with life. For example, I engage with life by making intentional choices throughout my day. I constantly examine my options throughout my day, and I choose what is best for me in that moment.*

When you feel stuck or broken, what are 3 actions steps that you can take to keep moving forward?

1. _____

2. _____

3. _____

Gratitude is a great tool for bringing you back to the present moment and elevating your vibration. In moments when you feel broken, hopeless, or sad, gratitude has the power to transcend them all. Whenever you feel down, think of three things that you are grateful for, either in your life or in your day, and you are sure to feel an increase in your vibration. You can start by trying it out here. List 3 things that you are grateful for below:

1. _____

2. _____

3. _____