

“Worries of Our World Activity”

How to identify and remove worry, fear, and doubt to change your life.

Introduction:

We all, on some level, have goals we want to accomplish, things we desire, places we want to go, and people we want to meet. We all also have worries, fears, and negative thoughts that impact our perspective, our reality, and our ability to accomplish and acquire what we want. In this exercise, you are going to identify the worries, fears, and negative thoughts that are holding you back from reaching your potential, your ALPHA state.

Instructions:

Step 1:

Write down a short (1 week), medium (2-3 months), and long (1 year) term goal that you have.

Goal Setting: *Short, Medium, and Long term:*

Short term Example:

By the end of this week, I will prepare and cook a meal from my new recipe book and enjoy it with my family on Sunday night.

Your turn:

By the end of this week, I will _____

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Medium Term Example:

By the end of the summer, I will have identified three new recipes that my family and I enjoy and prepare them on Sunday night on a weekly basis.

Your turn:

By the end of this summer, I will _____

Long Term Example:

By the end of this year, I will teach and incorporate my loved ones on how to prepare and cook the recipes I have learned and make Sunday night dinners a family affair.

Your Turn:

By the end of this year, I will _____

Step 2:

Now I want you to write down the first worry, fear, or negative thoughts that come to mind, when thinking about accomplishing these goals.

Examples:

- What if I overcook the steak tips?
- My son/daughter does not like trying new meals.
- I only have time on Saturday morning to get to the grocery store. What if the grocery store doesn't have the fresh cilantro or ingredients I need when I go?
- I am a lousy cook and I don't want to deal with cleaning the kitchen after I make a mess.

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- Why bother learning new recipes, when I can just order take out that I know everyone enjoys.
- The last time I cooked something similar, it was a disaster.

Log your initial worries, fears, and negative thoughts below:

- _____
- _____
- _____
- _____
- _____
- _____

Step 3:

I want you to remove the worries, fears, and negative thoughts you listed above, as if they don't exist anymore, and identify a logical first step you could take towards completing each goal.

Examples:

Short

- I will identify a recipe I want to try, and make a list of the ingredients I will need.

Medium

- For my next couple recipes, I will stick with "insert" style meals as they were a hit with my family.

Long

- I will have my significant other assist with preparing the meals once I feel comfortable teaching them, and I will have my son and daughter set the table and help with cleaning up afterwards too as part of our family's Sunday night dinner routine.

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Short

- ---

Medium

- ---

Long

- ---

Reflection:

Do you see how clarity comes as doubt leaves? *Perspective* is key, and taking the first step is the hardest and most important one. **Our thoughts initially address the question of, what could go wrong? What if when trying something new, or setting out on our journey to achieve our goals, we ask instead, what could go right?** Ponder this shift in perspective, and take a moment and reflect on how your life would improve by completing the goals you listed above.

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