

QUESTION	ANSWER <i>(make this clear, practical, and honest)</i>	ACTION <i>(a simple action I can take this week to put this into practice)</i>
Where do I currently feel overwhelmed? What about? (no need to go into why, just bringing languaging to what)		
What are my current coping mechanisms? (unproductive habits to numb emotions when I feel out-of-control, angry, afraid)		
What is a positive alternative for each named coping mechanism?		
What helps me to feel trusting and surrendered to a greater, better plan for me and for the planet?		
What vision am I holding? What is my prayer? What is my intention?		
What helps me to feel sensitive, open, receptive?		
What am I hopeful of right now?		
What am I re-sensitizing myself to at this time?		