



**HAY CHIX®**  
**Just Breathe: Worksheet**

There are usually two sides to every story, problem or worry. For most of us, it is usually always easier to think about the negative or the things we don't want rather than knowing what we actually do want in life.

We created this worksheet to help you put pen to paper and see what it looks like from a different perspective other than having those thoughts spinning around your mind. On the next page, list out all of your worries or things you do not want to happen, and on the opposite side of that list, state the opposite of that problem or worry. Then, go through your list and number it in order of how you want to start making the changes you need to move forward in your life.

1's are the most important things you can change and want to work on.  
2's are next up in line, and 3's can wait a little bit.

Don't make this harder than it needs to be. This is for you and no one else, so write down the truth, state the facts, and choose what's most important to you. After you have completed that, move onto the final page, where you will start by stating, "I will." What is your will for this problem? What are you willing to do to change? There is great power in stating, "I will be healed by God's hand of Grace," vs. "I'm fine."

Next, write down the three action steps you will take. What does this change look like? How can you break it down into bite-size pieces that are easier to chew than one huge whole meal of a problem? What will it look like on the other side of that problem?

Finally, create a prayer. If you're not used to praying, talk to God like He's your perfect father because He is. Tell him anything and everything about that problem and why you want to get through it. Ask Him for help, and Thank Him for getting you through this season.

Once again, remember, this is just a tool for you. This is not for anyone else; you cannot get anything wrong. We hope you can use this and come up with out-of-the-box thinking for yourself. Sometimes, when we put pen to paper, we realize things aren't as hard as they seem and that we do have options and action steps to get past the problems we are facing.

Stay Positive, have Faith & let's Move some Mountains, friends!

Many Blessings from All of us Chix Like You ❤️





**MY "TO-DO" LIST**

**I WILL:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MY ACTION STEPS:**

**#1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#3** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PRAYER:**

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