



Grow With Joe, LLC
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About this Worksheet

This worksheet is designed to help you understand the importance of working on your emotional self. If you constantly work on yourself, you'll go from good, to great, to unstoppable. This takes time but here is the first step towards having a better life. The more effort you put into yourself, the more opportunities for success you'll have.

Meditating

Where and when can you start meditating for five minutes a day? (At the gym, living room, etc.)

What sources are you going to use to help you meditate?

- Calm []
- Headspace []
- Sam Harris Podcast []
- Search Inside Yourself Book []
- 10% Happier Book []

What benefits have you received after meditating for a week?

Disclaimer: This worksheet is for general self-awareness only. If you have a serious need, please contact a mental health professional.

Have you faced any difficulties in meditating? If yes what are the hurdles and what steps can you take to overcome those hurdles?

Being Thankful

What has been the benefit of practicing gratitude for a week?

Have you found any difficulties in practicing gratitude? If Yes, what are those hurdles and how can you over come them?

Understanding Cognitive Distortions

Out of all the cognitive distortions, which one do you practice the most?

What steps can you do to minimize that distortion?

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How do you feel after a week of being aware of these distortions?

What Mentally Strong People Won't Do

What is the one area where you have room for improvement

How do you feel after a week of understanding these principles?

Where you can obtain the book

[Book by Amy Morin](#)

Ego Is The Enemy

How is your ego affecting your aspirations?

What is the opposite action you can take to counteract your ego when it comes to your aspirations?

How is your ego affecting your success?

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What is the opposite action you can take to counteract your ego when it comes to your aspirations?

How is your ego affecting your failures?

What is the opposite action you can take to counteract your ego when it comes to your failures?

The Obstacle Is The Way

How was your perception of the last obstacle you face? Did it slow you down?

How long does it take you to take action against an obstacle?

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What can make persevering through an obstacle easier for yourself? (Talk to a coach, meditating, read a similar story about trials and tribulations, etc.)

Improv Class

Where did you sign up for your first improv class?