

# Screw-Up Worksheet

You screwed up. You are not a screw up.

## STEP ONE: FORGIVE

Mistakes are proof that I'm trying.

I forgive myself for: \_\_\_\_\_

## STEP TWO: BE CURIOUS

Without judgement or emotion, I'll take a closer look...

What INTERNAL THOUGHTS triggered me:

\_\_\_\_\_

What new, encouraging thoughts can I TEST to prevent this from happening in the future?

\_\_\_\_\_

What EXTERNAL FACTORS triggered me:

\_\_\_\_\_

What new habits/routines can I TEST in my life to prevent this from happening in the future?

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