



3. How are you in your family relationships when you are not relaxed?

*For example: What occurs? How are you showing up? What do you say or do, particularly, when you're relaxed?*

4. What thoughts related to your family disrupt relaxation?

*For example: thoughts of comparing or criticizing*

5. Can you think of any alternative thoughts that would allow for relaxation?

*For example: What's another way I could look at this? What's the truth of this situation?*

*(Tip: the answer is almost never the opposite of the thought we have at hand)*

6. What external circumstances (related to your family) disrupt relaxation? Pick one or two.

7. What are some creative ideas to change those circumstances or navigate them differently?

### Relaxation & Work Journaling Questions

8. What happens when you are diligent, but relaxed, in your work?

9. What is it like when you are not relaxed about your work?

10. What thoughts related to your work disrupt relaxation?

11. Can you think of any alternative thoughts that would allow for relaxation?

*For example: What's another way I could look at this? What's the truth of this situation?*

*(Tip: the answer is almost never the opposite of the thought we have at hand)*

12. What external circumstances (related to your work) disrupt relaxation? Pick one or two.

13. What are some creative ideas to change those circumstances or navigate them differently?

Stay in touch! For more resources to support your wellbeing like this one, sign up [here](#).

Get the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*, [here](#).