



END THE

*Envy*

**WORKSHEET**

# END THE *Envy* WORKSHEET



**1. WHO IS MAKING ME FEEL ENVIOUS?**

Blank grey rectangular area for writing the answer to question 1.

**2. WHAT DO I FEEL ENVIOUS OF?**

Blank grey rectangular area for writing the answer to question 2.

**3. WHY DO I FEEL THAT WAY? WHAT IS MISSING IN MY OWN LIFE?**

Blank grey rectangular area for writing the answer to question 3.

# END THE *Envy* WORKSHEET



**4. HOW CAN I MAKE SURE I GET THAT IN MY LIFE?**

Blank grey response area for question 4.

**5. WHAT CAN I DO RIGHT NOW TO WORK ON THAT?**

Blank grey response area for question 5.

**6. WHAT IS MY GOAL FOR THIS SUBJECT?**

(Make it detailed! For ex: I want to take three trips abroad next year. Or I want a new client by March)

Blank grey response area for question 6.

# END THE *Envy* WORKSHEET



7. DO I FEEL BETTER NOW?

IF *NO* : TRY AND  
GET TO THE ROOT  
OF THE ISSUE.



OR *Relax* ...  
SOMETIMES THE BEST THING  
TO DO IS TO DISTRACT YOURSELF!

*Helpful?* Please share the link on twitter! 