



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.

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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! 