*Structure Worksheet*

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What areas of your life are you lacking structure in?

Why do you feel you are lacking structure in these areas?

Now, picture your life with complete structure. What does it look like?

Next, go back and look at the areas of life that lack structure and write out everything you really dislike about this. Get honest and write it all out!

Fill out below a few words to describe each column (from left to right)

Current Structure | What you dislike about current structure | What a new structure would give you

How can you begin to move away from what you dislike and towards the structure/balance you want to create?

Are you willing to do the work necessary?

If yes, why?

If no, why not?

What are your Desires?

What are your Excuses?

Are your excuses bigger than your desires? If yes, why?

What negative pattern do you keep reverting to and why (be VERY honest with yourself)?

What small step can you take this week to move towards creating structure?

What practical measures can you put in place to help with this?

What do you need more help with?

What do you need to do for yourself?

You can create structure from a practical place.

It is not necessarily easy or straight forward but it is achievable.

Give yourself the space, time and compassion to take the steps you need to get you there.