

IT'S TIME FOR ME



THE PODCAST

EPISODE WORKSHEET: LONGING TO CONTENTMENT

All contents of this worksheet have been written by Caroline Meade of It's Time For Me and are not to be copied or distributed.

This worksheet is not a replacement for professional or psychological therapy and support.

Welcome to your worksheet on moving from longing to contentment. I hope it helps you to gain more clarity and awareness on how you are feeling. Let your feelings and thoughts flow, without judging yourself.



Before you begin writing in your journal it would be a lovely to safely light a candle and put on some relaxation music. It would also be lovely to close your eyes for a few moments to center yourself. Place your hands on your heart and just breathe in and out until you feel your body and mind are beginning to let go and relax.

What are you longing for at the moment?

How long have you been longing for this?

Why do you feel getting this or achieving this will make you feel better or change your life?

How would your life be if it never happened?

Have you longed for something in the past and got it?

How did it change or fix your life?

What brings you a feeling of contentment?

Is there anything, even one thing, that you can feel content about in your life currently?

What things may you have missed out in life because you were so focused on a specific outcome or plan?

How does this make you feel?

Would you like to feel content each day?

Do you believe it is possible?

What one thing could you begin doing today to bring more contentment and peace to you within?