

Emotional Adjustment Worksheet

This worksheet is designed to help you build the emotional tools and mindsets to remain calm, curious, and courageous in the face of mistakes. It summarizes the six pillars of emotional adjustment, provides space for journaling insights and real-life applications, and includes prompts for weekly reflection and personal commitments.

The Six Pillars of Emotional Adjustment

Pillar 1: Understanding Emotional Regulation: The Cornerstone of Adjustment

Emotional regulation is the ability to manage your emotional responses in a way that aligns with your values and goals, choosing thoughtful responses over impulsive reactions.

- **Journaling Insight:** Describe a recent situation where you felt overwhelmed by an emotion. What was the emotion? How did you react?
 - _____
 - _____
 - _____
- **Real-Life Application (Name it to Tame it):** Next time you feel a strong emotional trigger (e.g., rejection, failure, criticism), pause and name the emotion to yourself. How does naming it change your response?
 - _____
 - _____
- **Weekly Reflection:** How did I practice emotional regulation this week? In what situations did I successfully manage my emotional response? Where can I improve?
 - _____
 - _____
- **Personal Commitment:** This week, I will practice the "Name it to Tame it" technique at least once when I feel overwhelmed or triggered.

Pillar 2: The Power of Self-Awareness and Acceptance

Self-awareness involves tracking your internal landscape in real-time, understanding your emotions, triggers, and habitual responses. Acceptance means viewing imperfection as a part of being human and extending compassion to yourself.

- **Journaling Insight:** What are some of your common emotional triggers or unproductive patterns you've noticed in yourself?
 - _____
 - _____

- _____
- **Real-Life Application (Mirror Work):** Stand in front of a mirror, look into your eyes, and say something kind to yourself, such as, "I am doing the best I can, and that is enough." Do this daily for a week. How does it make you feel?
 - _____
 - _____
- **Weekly Reflection:** When did I feel most aligned with my values this week, and why? When did I feel out of alignment?
 - _____
 - _____
- **Personal Commitment:** I will schedule three emotional check-ins throughout my day for the next week to ask myself, "How am I feeling right now?"

Pillar 3: Embracing a Growth Mindset: Turning Mistakes into Stepping Stones

A growth mindset is the belief that abilities and intelligence can be developed through effort, learning, and persistence. Mistakes are seen as opportunities to learn.

- **Journaling Insight:** Reflect on a past "failure." How can you reframe this experience from a growth mindset perspective? What did you learn?
 - _____
 - _____
 - _____
- **Real-Life Application (Reframe Limiting Thoughts):** Identify one fixed thought you have (e.g., "I'm terrible at this"). Rephrase it into a growth-oriented thought (e.g., "I'm still learning. Every expert started as a beginner").
 - Fixed Thought: _____
 - Growth Reframe: _____
- **Weekly Reflection:** What challenges did I face this week, and how did my mindset affect how I approached them? Did I turn any missteps into milestones?
 - _____
 - _____
- **Personal Commitment:** This week, when I encounter a setback, I will consciously reframe my initial thought using a growth mindset.

Pillar 4: Cultivating Resilience and Persistence: Bouncing Back Stronger

Resilience is the emotional elasticity that helps us recover from hardship. Persistence is resilience in action – the refusal to give up after a setback.

- **Journaling Insight (Resilience Journaling Prompt):** "What has hardship taught me that success never could?"
 - _____

- _____
 - _____
 - **Real-Life Application:** Identify one small area where you tend to give up. This week, make a conscious effort to persist a little longer or try a different approach when you feel like stopping.
 - _____
 - _____
 - **Weekly Reflection:** How did I demonstrate resilience or persistence this week? Did I lean into any discomfort and learn from it?
 - _____
 - _____
 - **Personal Commitment:** I will prioritize my physical well-being (sleep, exercise, or diet) for one day this week to support my emotional resilience.
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Pillar 5: Learning from Mistakes: The Key to Avoiding Repetition

Learning from mistakes involves intentional curiosity to understand what went wrong, why, and what can be done differently next time. It transforms setbacks into wisdom.

- **Journaling Insight (Mistake Wisdom Log):** Describe a recent mistake. What was the situation? Your emotional response? Insights or patterns noticed? New strategy for next time?
 - The situation/decision: _____
 - My emotional response: _____
 - Insights/patterns: _____
 - New strategy/belief: _____
 - **Real-Life Application (After-Action Review - AAR):** Apply the AAR framework to an activity you complete this week:
 - What was the goal? _____
 - What happened? _____
 - What went well? _____
 - What can be improved? _____
 - **Weekly Reflection:** What was my biggest "lesson learned" from a mistake or setback this week? How will I apply it?
 - _____
 - _____
 - **Personal Commitment:** I will use the After-Action Review (AAR) method for at least one task or event this week.
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Pillar 6: Building Inner Confidence: Trusting Your Ability to Grow

Inner confidence is a quiet trust in your capacity to grow, adapt, and make meaningful

contributions, deepening through experience rather than wavering with setbacks. It's built on the proven track record of trying, falling, learning, and trying again.

- **Journaling Insight:** When do you feel most confident? What small, repeated actions can you take to build confidence in an area where you feel less sure?
 - _____
 - _____
 - _____
- **Real-Life Application (Confidence Mantra Practice):** Create your own confidence mantra or affirmation. Speak it aloud each morning or write it where you'll see it daily.
 - My Confidence Mantra: _____
- **Weekly Reflection:** What small win can I celebrate this week that contributes to my inner confidence? How did I show up for myself even when things were uncertain?
 - _____
 - _____
- **Personal Commitment:** I will practice my confidence mantra daily and identify one small action I can take to step out of my comfort zone.

Weekly Reflection & Personal Commitments Overview

- **This Week's Biggest Insight:**
 - _____
- **One Action I am Proud Of:**
 - _____
- **One Area for Continued Growth:**
 - _____
- **My Key Personal Commitments for Next Week:**
 - Pillar 1: _____
 - Pillar 2: _____
 - Pillar 3: _____
 - Pillar 4: _____
 - Pillar 5: _____
 - Pillar 6: _____

Remember, emotional adjustment is a lifelong journey. Be kind to yourself, be curious about your growth, and trust that every moment holds the power to help you grow.