



practice

FEAR CHECK

CHECK ANY THAT RESONATE TODAY:

- FEAR OF MAKING THE WRONG DECISION
- FEAR OF LOSING FUNDING OR STABILITY
- FEAR OF HARMING OTHERS UNINTENTIONALLY
- FEAR OF BEING JUDGED OR MISUNDERSTOOD
- FEAR OF BURNOUT OR COLLAPSE

ONE FEAR I'M WILLING TO NAME TODAY:

CAPACITY SNAPSHOT

RIGHT NOW, MY CAPACITY FEELS LIKE:

- PHYSICAL ENERGY: LOW MEDIUM HIGH
- EMOTIONAL ENERGY: LOW MEDIUM HIGH
- DECISION CAPACITY: LOW MEDIUM HIGH

ONE BOUNDARY I NEED TO HONOR THIS WEEK:

COLLECTIVE SUPPORT

I DON'T HAVE TO DO THIS ALONE. PEOPLE OR SPACES THAT COULD SUPPORT ME:

action

WHAT IS ONE ACTION I CAN TAKE WITH OTHERS, NOT ALONE?