

# TINY BUDDHA

## A Worksheet to Help You Take Your Power Back

A companion to Tiny Buddha's Inner Strength Journal  
[tinybuddha.com/strong](https://tinybuddha.com/strong)

1. I would like to change:

2. I know I need to make this change because if I don't:

3. To make this change, I need to stop blaming and/or waiting for:

4. I need to overcome the following fears:

5. Even if these fears come true, I could cope by:





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**6. I need to challenge the following beliefs:**

**7. I know these beliefs aren't facts because:**

**8. I've accepted the way things are because it's allowed me to feel or avoid feeling:**

**9. It's worth making this change because I might gain:**

**10. The first step I can make toward this change:**