

Instructions for Above and Below the Line Worksheet

In any moment you have a choice. You can choose a behavior or inner dialogue that is moving you towards your values or it is taking you away from your values. By stopping, taking a breath, orienting to the current moment, you bring more self awareness to your thinking and behaving. By shifting our attention to right now, you can notice where you are currenting at. And you can choose to act or think in line with your values.

On this form you can fill out what value you are moving towards. And fill out what thoughts and behaviors help you move towards your values. And what thoughts and behaviors move you away from your values.

Then all day long you can check in with yourself and ask: "Am I above the line right now? Or below the line?" "What could I think or do that moves me back above the line?"

An appreciate tiny baby steps in addition to big steps.