

FAST *Worksheet*

A MINDFUL & PRODUCTIVE TOOL FOR BALANCE



is for: **FEELINGS CHECK-IN**



What emotions am I feeling?



☐ Calm



☐ Inspired



☐ Stressed



☐ Anxious



A is for: **ATTENTION FOCUS**



Mindful Moment: Where is my focus?

What am I observing? _____



S is for: **SKILL BUILDING**



Grounding
(5-4-3-2-1)



Box
Breathing



Positive
Affirmation



Positive
Affirmation

Notes: _____

T is for: **THRIVE PLAN**



Action: One small step forward
with clear intention.

MY CALM VICTORY OF THE DAY

