WORKSHEET

RETURNING TO YOURSELF IN UNCERTAINTY

by Kalika Yap

Use this check-in when your thoughts feel crowded or the path isn't clear yet.

1. What feels grounded or true for you right now?

2. What does uncertainty feel like in your mind or body today?

3. How are you responding to that uncertainty?

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4. What's a kinder response you could choose?

5. What's one small action you can take—even without a full plan?

6. What would you say to a friend feeling this way? Can you say that to yourself?

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Dealing with uncertainty helps you deal with anxiety.

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