

from Burnout to Bliss



Fear Interrupt Plan

Print this out and fill in BEFORE a fearful thought hits. Make multiple copies so you can carry it with you, keep a copy in your car, room, or office. Get the jump on fear!

Fearful thought:

Counter thought:

Song List:

1. _____

YouTube Video Link:

2. _____

YouTube Video Link:

3. _____

YouTube Video Link:

4. _____

YouTube Video Link:

5. _____

YouTube Video Link:

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Interrupt a pattern in a BIG way

Idea 1: _____

Idea 2: _____

Idea 3: _____

Idea 4: _____

Idea 5: _____

Strange or funny pattern interrupt

Idea 1: _____

Idea 2: _____

Idea 3: _____

Idea 4: _____

Idea 5: _____

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Additional Fearful Thoughts

Fearful thought:

Counter thought:

Fearful thought:

Counter thought:

Fearful thought:

Counter thought:

Fearful thought:

Counter thought:

Fearful thought:

Counter thought:

Fearful thought:

Counter thought:
