

This worksheet helps you identify what keeps you steady and what might be unsettling you. It's here to help you notice the signals within yourself and the supports available in your life.

## PART 1: THE SIGNALS

When I'm a bit unsettled, it usually shows up like this:

- Tired or flat
- Restless or on edge
- Distracted or foggy
- Irritable or impatient
- Wanting to stay busy
- Wanting to withdraw
- Overthinking small things
- Physically tense

Anything else you notice:

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*When you know what holds you up, you no longer fear falling.*

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## PART 2: THE SUPPORTS

Things that actually help me feel more grounded (not what should help):

- Moving my body (walking, sport, stretching, chores)
- Being around other people
- Being alone for a while
- Keeping to a routine
- Getting something practical done
- Being outside or changing environment
- Talking things through
- Practicing my self-care routine
- Doing something creative
- Finding affection
- Not talking about it and letting it settle
- Sleeping on it

Other things that help:

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*When I'm unsteady, I do what steadies me. I trust the small supports that work in practice, even when they aren't what I think should work.*

*"When you know what holds you up, you no longer fear falling."*

## PART 3: THE DRAIN

No fixing. Just noticing.

Things that tend to leave me more depleted than I expect:

e.g., social media, a specific person, lack of sleep, multitasking

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Do I usually push through these, avoid them, or absorb them?

- Push through
- Avoid
- Absorb
- Varies

What things?

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## PART 4: SURVIVING OR THRIVING?

This is subtle. Just notice—no judgment.

Right now, most of my energy goes toward:

- Just keeping things together
- A mix of keeping things together and doing what matters
- Engaging with what matters to me
- I'm not sure

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## PART 4: CONTINUED...

- I'm constantly deciding what to do next (exhausting)
- I have some rhythm, but it feels fragile
- I have a rhythm that mostly holds me
- I don't really have a rhythm right now

Lately, I've had space to:

Tick any that feel true

- Notice beauty or small pleasures
- Think about what matters to me (not just what's urgent)
- Be curious about something
- Feel connected to my own life
- None of these—I'm just getting through

## PART 5: BELONGING OR LONGING?

Again, just noticing. Both are okay.

When I think about my life right now, I feel more like:

- I'm waiting for something to change or become clear (longing)
- I'm here, in my life, even if it's imperfect (belonging)
- A bit of both
- Neither—I'm just numb

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## PART 5: CONTINUED...

I feel most like I belong when:

e.g., "when I'm walking the dog," "when I'm cooking," "when I'm with my friend," "I don't feel this much right now"

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## PART 6: WHAT HOLDS YOU

One thing in my life that quietly holds me steady:

It might be a person, a routine, a place, a practice, or something else entirely

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One thing I could do this week to strengthen that:

Or, if nothing comes to mind: "I don't know yet, and that's okay."

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*"When you know what holds you up, you no longer fear falling."*