

Changing Your Outlook with "What If?"

Here's a simple activity to help you identify and reframe any situations in your life that are causing you anxiety, stress, or self-doubt. The purpose of this exercise is to reflect about how you can shift at any assumptions or beliefs you are currently having into more positive "What if?" statements and adjust your mindset to be less focused on negative outcomes amidst uncertainty.

CURRENT SITUATIONS OR EXPERIENCES

What are a few situations that you are experiencing currently that are causing you anxiety, stress, or self doubt? What are possible negative outcomes that you're anticipating possibly happening?

Ex: A big or small change that you're going through at work or in life. Or something that you're waiting for a response to or to hear back about.

"WHAT IF" STATEMENTS

Using the situations you referenced above, write some "What if?" statements through a neutral or positive lens. Use these statements to take a pause during moments of self-doubt or anxiety to rebalance your thinking and consider that the worst possible outcome is rarely how things ultimately turn out.

Ex: What if this change ends up being really great for me in ways I can't see yet? Or what if I am ready for this next step, and everything turns out alright here?