

Worksheet for Clients

Name _____ Date _____

The Magic Wand Exercise Worksheet

This worksheet is a tool designed to help you envision your ideal life, unshackled from negative emotions such as anxiety, shame, and insecurity. Through this exercise, we aim to help you look deeply into your core values and sketch out the steps you could take to inch closer to a life resonating with those values. As we navigate through this worksheet, remember that your responses should reflect your personal perspectives and aspirations.

Instructions:

Step 1 Wielding the Magic Wand

With a magic wand in hand, capable of vanishing all of your anxiety, shame, and insecurity, what actions would you take? How would this transform your life?

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Step 2 Exploring Your Ideal Life

Imagine yourself as content, free from your current concerns. What changes do you notice? Describe specific behaviors or actions you would adopt.

Step 3 Identifying Your Values

Reflect on your ideal life. What core values emerge? Note that these values should represent active qualities like curiosity, adventure, or compassion.

Step 4 Translating Values Into Actions

How can you integrate these values into your daily activities?

The reality: *there is no magic wand.*

Indeed, no magic wand can dissolve negative emotions instantly. Now, let's explore what it would mean to embrace your ideal life, not in the absence of but despite your challenges.

Step 5 Embracing the Reality

How would it feel to start progressing toward your ideal life, even amidst your current struggles?

Step 6 Taking the First Step

Choose a simple, achievable action that aligns with your values and takes you closer to your ideal life. Keep in mind that a journey of a thousand miles begins with a single step!

Remember that, while managing your emotions is essential, you do not have to let them dictate your life's course. Aim to start living your ideal life now, enriching it with meaningful activities, rather than focusing solely on controlling or eradicating your struggles.

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