

YOUR PERSONAL 'RAINY DAY' UMBRELLA: Worksheet



KD LIFE COACHING

1: _____. How does it make you feel when you have/experience this?

2: _____. How does it make you feel when you have/experience this?

3: _____. How does it make you feel when you have/experience this?

4: : _____. How does it make you feel when you have/experience this?

5: : _____. How does it make you feel when you have/experience this?

6: : _____. How does it make you feel when you have/experience this?

Instructions:

1. Check out my blog called “How to Protect Yourself on Rainy Days” to understand the rainy day metaphor 😊
2. Get into a calm space, take 3-5 deep breaths and close your eyes. Connect with your breath and feel the sense of calm that comes with the breath. Start to visualize what comforts you.
2. Write down 6 things (you can do more or less, it’s YOUR umbrella) that help you feel safe, comforted and valued when you are not having a good day. Write them into the panels of the umbrella as well as in the numbered points below the umbrella.
3. Next, write down how experiencing that makes you feel. For example, if you write “exercising”, you can write down how it makes you feel happy, accomplished, positive, etc.
4. Notice how your umbrella makes you feel all together. Visualize this umbrella keeping you warm and safe whenever you are experiencing a rainy day. You can keep it close and carry it with you as a reminder whenever you are feeling down, post it on your vision board or take a picture to keep in your phone. Remember, it’s important to acknowledge, validate and feel your emotions without judgment. I encourage you to try and accept the emotions and try not to ignore or dismiss them 😊

Enjoy the exercise!