

The Stick Worksheet



When _____ approaches me with their _____ (negativity, complaining, gossiping, hidden insults, etc.), I will view the comment as a literal stick thrown at my feet onto the ground before me. It is my choice to pick up the stick or leave it lay where it was thrown.

Today I will leave the sticks thrown my direction on the ground. They are not my sticks. Instead I choose to hold alignment with the thoughts I choose for myself today. I will protect my thoughts to create my reality, and allow others to create theirs. **I care about myself and my life that much.**

I would love to hear how this worked for you! You can find me at:

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