



Conscious Adult Worksheet



A Gentle Note Before You Start

This is not about striving to “fix” yourself — it’s about *intentionally growing* what you want to feel more of in your life.

Your Conscious Adult is the part of you that makes choices from awareness, not autopilot. It’s the part that can nurture, guide, protect, and reparent — turning feelings into intentional actions that shape your reality.

This worksheet helps you shift from managing feelings in reactive ways to *creating* the experiences you want.



Safety Disclaimer

Sometimes identifying what we truly want to feel — and realizing how long we’ve lived without it — can bring up strong emotions. That’s normal. Remember: this work is about possibility, not perfection. Go gently, and reach out for support if you need it.



Step 1: Choose the Feelings You Want to Grow

(Write five feelings you want to experience more of in your life. These might be feelings that feel distant, unfamiliar, or simply ones you want to deepen.)

Examples: Peace | Freedom | Confidence | Joy | Love | Trust | Belonging | Self-Worth | Safety | Compassion

Feeling I Want to Grow

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-



Step 2: Actions That Grow the Feeling

(For each feeling, write one or more small, intentional actions that help you grow it. Focus on *practices*, not perfection — the smallest consistent steps often create the biggest change.)

Feeling I Want to Grow

Action I Can Take to Grow It

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |

	Feeling I Want to Grow	Action I Can Take to Grow It
3.	_____	_____
4.	_____	_____
5.	_____	_____

✨ **Remember:**

You're not waiting to feel different — you're *creating* the conditions that allow those feelings to grow.

Every conscious choice you make is an act of reparenting. Every action you take builds safety, trust, and connection from the inside out.
