

YOUR WORKBOOK



The Ultimate Guide to Managing  
Anxiety and Depression

THE  
REBEL  
METHOD

MOVE FROM OVERWHELM  
TO PEACE OF MIND

Vanessa Wallace

*Made for you with love*  
*Vanessa*

# USING THIS WORKBOOK



Hi

Welcome to my REBEL Method workbook resource pack.

I have created this pack to accompany my book and help guide you through the principles of my REBEL Method.

The benefits of actually carrying out these exercises rather than simply thinking them over in our minds is enormous. By physically doing them you commit to them, you believe in them and you have a record to refer back to them should you wish to do so.

YOU are important. YOU matter. Make time for yourself.

If you are feeling stuck or unsure – reach out to me.



Vanessa

*The legal bit....*

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# COST OF CHANGE ANALYSIS

<p>What are the benefits of your position now?</p>	<p>What are the costs of your position now?</p>
<p>What are the benefits of change?</p>	<p>What are the costs of change?</p>



# FEELINGS CHART

## Happy Feelings

Self affirming	Feel good	Curious	Peaceful
Confident Encouraged Powerful Proud	Happy Ecstatic Excited Grateful	Engaged Fascinated Entranced Energetic	Calm Serene Content At peace
Self-Assured Fulfilled Pleased Brave Courageous Empowered Effectual	Delighted Pleased Elated Thrilled Enthusiastic Passionate Appreciative	Absorbed Engrossed Interested Captivated Mesmerized Animated Thoughtful	In flow Fulfilled Loving Warm (emotionally) Safe Secure

## Unhappy Feelings

Angry	Fear	Sad	Self deflating
Frustrated Annoyed Envious Jealous	Insecure Anxious Vulnerable Scared	Upset Miserable Depressed Lonely	Insecure Envious Jealous Unworthy
Aggravated Upset Resentful Irritated Enraged Furious Hateful	Suspicious Apprehensive Concerned Worried Helpless Terrified Paranoid	Disconnected Unloved Unlovable Deflated Pointless Hopeless Pain	Resistant Bored Ashamed No good Useless Undeserving Overwhelmed

On the following page, write down how you are feeling in the morning, afternoon and evening.

Start to write down the things you appreciate in your life (e.g. sunshine, diet coke, chocolate, your partner, your home, your garden, flowers, nature, a pet, literally anything that you appreciate).





# DRAWING YOUR INNER CRITIC

In the space below, draw your inner critic with a speech bubble of what it is saying and what do you want to say back to it?

**Bonus:** Write down some counter-statements to your inner critical voice on Post-its, meditate on them, place them on a mirror or on your screen saver



# ACTIVITIES TO BUILD YOUR INNER SUPPORTER

Write below something you enjoy or something nice you can do for yourself and commit to over the next 7 days

What I will do that I enjoy or is nice for myself:

---

---

---

---

When I will do this:

---

---

---

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# MY GRATITUDE DIARY

In the space below, write down 7 things that you are grateful for.  
This is the beginning of your gratitude diary

7 things that I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



# WHAT ARE MY VALUES

Before you do this exercise just sit quietly for 5 minutes focusing on your breath or allowing your mind to settle if you can. This will allow you to focus and to get the clarity you need.

Spend some time reading through the values below

<b>HEALTH</b> Physical and mental well-being	<b>FAITH</b> Belief and trust in something bigger than you	<b>INTEGRITY</b> Sound moral principle
<b>FREEDOM</b> The power to act, speak or think	<b>ABUNDANCE</b> Need for monetary income and stability	<b>EMPATHY</b> Understanding another's situation or feelings
<b>HONESTY</b> A high regard for truthfulness	<b>WORK</b> Deriving great value from your job	<b>SECURITY</b> Having the essentials you need to live and be safe
<b>BEAUTY</b> An appreciation for and seeing the beauty in all things	<b>CREATIVITY</b> A love and need to engage in creative activities	<b>INDEPENDENCE</b> Freedom from control, self sufficient
<b>KNOWLEDGE</b> Learning new information and insights	<b>COMPASSION</b> Understanding how others may be suffering	<b>SPIRITUALITY</b> A sense of bigger purpose
<b>TRUSTWORTHINESS</b> Dependability	<b>JUSTICE</b> Fairness, equality	<b>HUMOUR</b> Fun and laughter is central to your happiness
<b>LOYALTY</b> Faithfulness to another person or group	<b>RESPONSIBILITY</b> Responsible for one's own conduct	<b>ACCOUNTABILITY</b> Being accountable and responsible
<b>LOVE</b> Strong feelings of caring and affection	<b>RESPECT</b> Great importance placed on the values and beliefs of others	<b>DEDICATION</b> Always committed to actions
<b>PATIENCE</b> Calmness when challenged	<b>HELPFULNESS</b> Always wanting to help	<b>CONNECTION</b> You place great emphasis on forming bonds with others
<b>LIFE</b> An appreciation and respect for all living things	<b>POWER</b> Leadership and clear direction	<b>RECOGNITION</b> To be recognised, noticed and feel important
<b>FAMILY</b> Great importance on family support and supporting family	<b>GROWTH</b> The need to keep moving forward in learning and personal development	<b>STABILITY</b> A need to feel safe and balanced at all times



# WHAT ARE MY VALUES

Now, think of 5 areas in your life that do not feel right for you and write them below

AREA	1	2	3	4	5
	What value is not being met?				
What needs to change?					
One thing I can do this week to align more with my values					
One thing I can do this month to align more with my values					
One thing I can do this year to align more with my values					



# MINDSET EXERCISE

This exercise will help you understand what type of mindset you have and the situations that a fixed mindset can create.

Here is a list of mindsets, read through the list and identify which of yours are most prevalent. Circle or mark which ones apply to you.

I can overcome my problems

My relationships with others are always bad

I am capable

I am not good enough

I can overcome my health problems

I can choose to make my day better

I can learn

No one will listen to me

I have a voice

I should hide what I think and feel because people won't like me if I express these things

I am not intelligent enough

My needs are important and come first

My relationships with others are always bad

I don't have the skills

I have too many problems

I deserve to be heard

I have nothing good to say

I can work on building better relationships

I must take care of everyone first, my needs come last

My health is too problematic for me to move forward

The people who truly value and care about me will love me whatever I think and feel

My day is going to be bad



# FEARS EXERCISE

This is a journaling exercise to write down what your fears are. Then write down your desires. Removing anxiety and depression is about moving from your fears, facing them and aligning your life with your desires. This is not easy to do but just writing this down on paper is the first step.

After that, let's identify 3 lifestyle changes you would like to implement for your wellbeing. Feel free to add your own too!

My fears:

My desires:

## 3 Lifestyle changes I would like to implement:

- |   |  |
|---|--|
| <input type="checkbox"/> Giving up or reducing alcohol consumption                          | <input type="checkbox"/> Taking more walks                                       |
| <input type="checkbox"/> Exercising (very good if you have experienced trauma in your life) | <input type="checkbox"/> Making space that is mine in my home where I find peace |
| <input type="checkbox"/> Healthier eating   | <input type="checkbox"/> Getting time for me                                     |
| <input type="checkbox"/> Getting better sleep   | <input type="checkbox"/> Letting go of commitments                               |
| <input type="checkbox"/> Letting go of people   | <input type="checkbox"/> Changing jobs   |
| <input type="checkbox"/> Saying 'yes' – to things I do want in life                         | <input type="checkbox"/> Saying 'no' – to things I don't want in life            |
| <input type="checkbox"/> Moving home/location or job  | <input type="checkbox"/> .....   |
| <input type="checkbox"/> .....  | <input type="checkbox"/> .....   |



# Your Life Satisfaction

Imagine the cups below are areas of your life.

Think about how satisfied you are with each area, and colour in the cup accordingly. For example:

If you are 100% satisfied – fill the cup!

If you are 50% satisfied – half fill the cup

And all percentages in between!



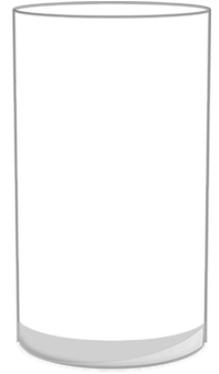
Health



Finance



Occupation



Home environment



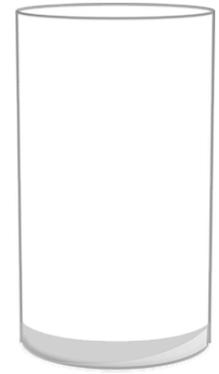
Friends & family



Significant other



Personal growth



Fun & Leisure

What changes I can make to fill some of those cups I would like to be fuller:



# MY GOALS PICTURE AFTER COMPLETING THE MEDITATION

After listening to the Goal setting meditation use this space to complete your creation whether that is writing a list, drawing or sticking pictures. Enjoy!!



*Congratulations!!!*

You are amazing.

I am so proud of you.

Thank you for reading my book and completing the exercises it means the world to me and I really hope it has helped you. If you need any more help or support please do contact me [vanessa@crystalclearcoaching.org](mailto:vanessa@crystalclearcoaching.org)

