

LETTING GO SERIES

# FROM WORRY TO PEACE

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TIMELESS ADVICE FROM THE RICHEST  
AND WISEST MAN THAT EVER LIVED

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**SELF ASSESSMENT**

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# From Worry to Peace

## Self-Assessment

Proverbs 12:25: "Anxiety weighs down the heart, but a kind word cheers it up."

### 1. Current Worry Level

How often do you find yourself feeling anxious or worried?

- Never
- Rarely
- Sometimes
- Often
- Always

### 2. Identifying Worries

What are the main sources of your anxiety? (Check all that apply)

- Fear of the future
- Relationship concerns
- Work or school stress
- Health concerns
- Financial worries
- Self-doubt or insecurity
- Other: \_\_\_\_\_

### 3. Physical Effects of Worry

How do you physically feel when you are anxious? (Select all that apply)

- Tense muscles
- Increased heart rate
- Trouble sleeping
- Stomach discomfort
- Headaches
- Fatigue
- Other: \_\_\_\_\_

#### 4. Impact on Mental and Emotional Health

How does worry affect your mental or emotional well-being?

- Difficulty concentrating
- Negative thought patterns
- Irritability
- Lack of joy
- Emotional exhaustion
- Other: \_\_\_\_\_

#### 5. Faith and Trust in God

How often do you turn to faith when facing anxiety or worry?

- Never
- Sometimes
- Often
- Always

#### 6. Application of Peace Practices

Have you tried any practices to reduce worry and bring peace? (Check all that apply)

- Prayer
- Meditation
- Deep breathing
- Positive affirmations
- Journaling
- Talking to a supportive person
- Other: \_\_\_\_\_

## 7. Understanding of Peace

How would you describe peace in your life right now?

- I feel peaceful most of the time.
- I have moments of peace but also experience worry.
- I feel anxious more often than peaceful.
- I struggle to find peace regularly.

## 8. Mindset Shifts

Do you believe that shifting your mindset could help you manage worry?

- Yes, I believe a change in mindset is key.
- I'm not sure, but I'm open to trying.
- No, I don't think it would help me.

## 9. Actionable Steps for Peace

Which of the following would you like to incorporate more into your life to achieve peace? (Check all that apply)

- Trusting in God's wisdom
- Practicing mindfulness
- Developing a daily gratitude habit
- Surrounding myself with positive, peaceful people
- Regular journaling or reflection
- Speaking kindly to myself
- Other: \_\_\_\_\_

## 10. Progress Reflection

What is one area of your life where you have already seen progress in overcoming worry?

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## 11. Goal Setting for Peace

What is one actionable step you plan to take in the next week to move from worry to peace?

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