

Worksheet for Impulse 1

Take a moment for yourself and open up to rest.

Pause and reflect:

Put your head in your hands, close your eyes and take a deep breath.

Think of a time when you were deeply exhausted and yet still didn't let yourself rest. What kept you from giving yourself that break?

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A gift of rest:

Imagine you had ten full minutes just for you what would your ideal rest moment look like? Would it be a moment of stillness? A short walk or maybe a hot bath? Were you aware that you need it right now? When and how will you give yourself those ten minutes today?

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After the rest:

And now, after that break, how do you feel?
Was it what you expected, or was it exactly what you needed?
Was it hard to just be still? Do you feel a shift?
How would it feel to make these ten minutes a regular thing?
Maybe it's time to schedule them, just like anything else.

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10 minutes for yourself ...not a luxury, a necessity.

Worksheet for Impulse 2

Your story is waiting, take the first step!
Sharpen your pencil and put on your favorite music.
Close your eyes for a moment and take a deep breath.

*If you had the power to write your story exactly the way you wanted...
how would it begin, and where would it go? What would stay the same?
What would you do differently? Which adventure would you chase,
which door would you open, which truth would you finally dare to speak out loud?
Let go of all hesitation and just write what wants to be written, straight from your
heart and onto the page. Even if it's just a sentence. Or a sketch. Or a feeling.
Even if it doesn't make perfect sense (yet). This isn't about perfection. It's about
permission. So go ahead: Write your story, now, softly, without apology.*



Read it out loud and feel the energy! Dreams without action remain just dreams.

Worksheet for Impulse 3

Look back to move forward.

Sometimes it's unsettling to realize how much of what we carry through life isn't strength we've built but wounds we've never healed.

So today, take a step back. Think of the time when you were a child.

What did you need – but never receive?

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What did you believe you had to be, in order to earn love or approval?

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How have you seen yourself ever since?

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Which patterns have you taken on?

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How has that shaped your behavior, your relationships, and your decisions?

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Let go and give yourself today what you needed back then.

Worksheet for Impulse 4

Today is enough and so are you.

As Jack so perfectly said in the movie *Titanic*:

“I’ve got everything I need right here with me. I’ve got air in my lungs and a few blank sheets of paper.”

That’s exactly how it works.

Now, let’s start with the first column: "HAVE"

HAVE

What do you think you have to own?

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- _____
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NEED

What do you truly need?

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WANT

What do you think you want but maybe don't need?

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Now go through each list and ask yourself: What from the "Have" column really belongs in "Need" and what goes in "Want"? You might find things you always thought were essential actually belong in the nice to have category.

Write down four things that were good today. Maybe it was the sunlight through the window, a kind word, a familiar sound – or simply a moment of peace.

-  _____
-  _____
-  _____
-  _____

What does it feel like to realize you already have enough?

Arbeitsblatt für Impulse 5

Observe yourself.

Hand on heart...how often do things really happen the way you expect, simply because your past experiences have taught you to brace for the worst?

Let's take a moment:

Has a past relationship left you hurt? Maybe it ended in chaos, disappointment, or heartbreak. And now whenever a new connection starts to form, the fear creeps in. What if it happens again? Or maybe it wasn't a breakup at all.

Maybe it was something completely different.

But still, that one experience shaped your whole perspective.

It colored how you see others. And most of all: how you see yourself.

Now take a look within and reflect: Which of your future worries are actually rooted in your past?

Find 3 examples where an old experience might still shape how you perceive future situations, especially through fear, defense, or doubt.

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*When we stop dragging our past into every tomorrow,
and begin to meet the future not with fear but with peace,
we unlock the possibility of something entirely new.*

Worksheet for Impulse 6

When was the last time you felt truly worthy, just as you are?

Take a moment to reflect and write down 3 examples from your life where you received something because you did something:

- 1.
- 2.
- 3.

How did you feel in those moments?

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Now list 3 situations where you truly gave your best but received no reward in return:

- 1.
- 2.
- 3.

How did you feel in those moments?

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Now find 3 moments where you did nothing "special" and still felt completely at peace with yourself:

- 1.
- 2.
- 3.



Now find 3 moments where you did nothing "special" and still felt completely at peace with yourself:

- 1.
- 2.
- 3.



„Remember: You are already enough, not because of what you do, but because of who you are. The moment you understand that, everything shifts.

Worksheet for Impulse 7

Your life in wagons: Who's riding with you?

Now let's take a closer look at who's been traveling with you on your journey. Divide your life into three sections: Childhood, Teenage Years, and Adulthood. Each of the three locomotives stands for the path and momentum of that stage in your life.

Now do something a little playful: Take a pen and draw 3 wagons on each track. Every wagon represents a group of people who were or still are traveling with you. Label the wagons with names or roles of the people who came along.

Ask yourself:

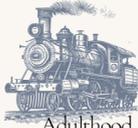
- Which wagon has always been by your side? Who has shared the long road and truly supported you?
- Which wagon joined you for only a short ride? Which people appeared only in certain phases of life and then left again?
- Which wagon might be ready to get off at the next stop? Who may no longer be serving you or is even adding unnecessary weight to your journey?



Childhood



Teenager



Adulthood

If something feels uncomfortable, just remember... it's your train. You get to decide who's riding with you. And where the journey leads.

Worksheet for Impulse 8

Take your time



What in your life drains your energy instead of nourishing you?

Let's make it visible.

Picture yourself in the center of the page, surrounded by floating soap bubbles. Each bubble holds something that takes your energy.

Maybe it's a person, a behavior, an old feeling, or a situation that still weighs you down.

Step 1: Write one word in each bubble, a name, a pattern, a thought, anything that drains your energy.

Step 2: Now think about which of those bubbles you're ready to let go of. You don't have to burst them all. Just one is enough.

Letting go means freedom and you have the power to do it.

Step 3: Say it out loud, with full awareness:

"I let go. I choose to be free."



"Letting go of what's weighing you down is already the beginning of healing."

Worksheet for Impulse 10

How gratitude rewires your brain and body

Gratitude has a powerful effect on the brain – it boosts the release of neurotransmitters like dopamine and serotonin, which are linked to happiness and emotional balance. These “happiness molecules” don’t just make us feel better. They help us relax, regulate our anxiety, wind down after stressful days, and even improve our sleep quality. And when we focus on positive moments before going to bed, our nervous system relaxes and our stress levels drop.

Evening: Your brain on gratitude

Before you go to bed, pause for a moment and think of five things you’re thankful for today. It doesn’t matter what kind of day you had –there are always little sparks of light. This practice helps your brain relax and prepares your body for sleep. You can simply jot them down. Write five things, big or small, that you feel grateful for.

“ Gratitude Room	“ Gratitude Room	“ Gratitude Room
THANKS ”	THANKS ”	THANKS ”
“ Gratitude Room	“ Gratitude Room	
THANKS ”	THANKS ”	

Morning: A positive start

When you wake up, ask yourself: What could go well today? What could bring a little light, even if the day doesn’t turn out perfect? This small habit helps your brain begin the day in the right biochemical state...and your body with the right rhythm. So your day already starts heading in the right direction.

Your task for the week:

Take any chance you get to make someone else’s day a “Happy Moment.” Maybe with an honest compliment, a kind message, or simply by looking someone in the eyes with warmth.

 **Because what you give out, will always find its way back to you.**

Worksheet for Impulse 11

Do a real, honest mini-check.

Picture this: You're standing between two steps.

One leads upward, the other downward.

On the upper step are the people who support you, push you forward, and give you energy. On the lower step are those who hold you back, drain your energy, and pull you down.

Upward – Who lifts you?

Write down the names of people who energize you, who inspire you, and support your growth.

Downward – Who drags you down?

Write down the names of people who block your progress, make you feel not good enough, or repeatedly pull you into negative patterns.



Notice the difference.

Because the first step to clearing space is awareness.

Becoming conscious of what nourishes you – and what doesn't.

Who do you want to keep closer?

With whom do you maybe need more distance?

- **Who strengthens you?**
- Which people or situations slow you down?
- Who makes you feel “off” or simply not like yourself?

Worksheet for Impulse 12

Look at the picture

Your ego is like a stick figure on a pedestal. It's loud, it's present, and it always has something to say.

It stands on top of the world and believes it can control everything.

Fill the speech bubbles of the stick figure with thoughts your ego has voiced lately.

Examples of speech bubbles:

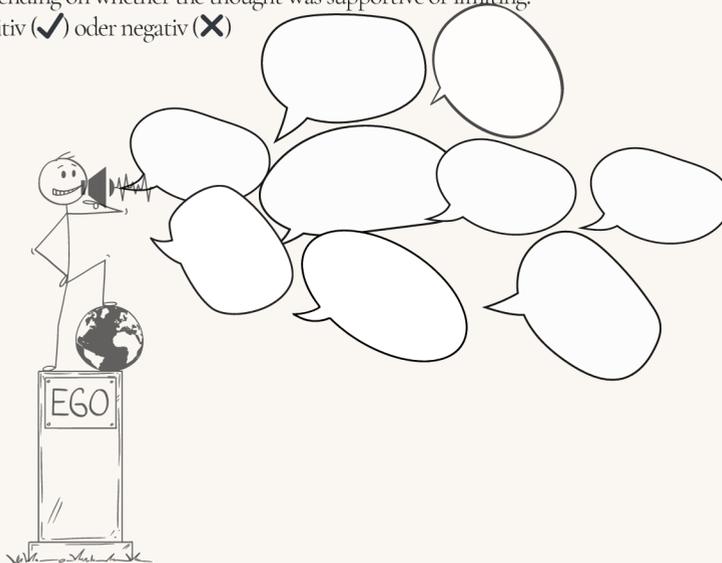
- "I won't back down."
- "I'm way better."
- "I know everything."

Was that thought helpful – or did it actually make you feel small?

Mark each one with a tick or a cross,

depending on whether the thought was supportive or limiting.

Positiv (✓) oder negativ (✗)



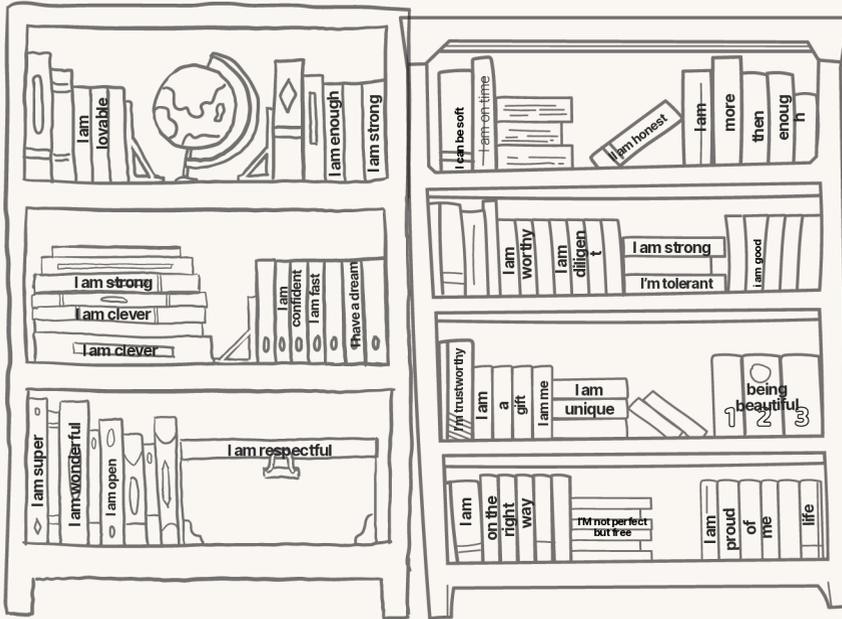
"Is this really my reason – or is it just my ego?"

Worksheet for Impulse 13

Imagine you're in a vast library.

There are hundreds of sections, millions of books. Now picture this: You stumble upon a section called "Self-Worth." It's filled with powerful titles, waiting for you. Take a moment. Choose five books that feel like they were written just for you. Each one carries a sentence, a truth, a reminder. Now...Write down the five titles that resonate most with you in the stack at the bottom of the page.

Choose 5 books...



Which books did you choose...



Worksheet for Impulse 14

Pick your poison...

What do you use to numb yourself sometimes?

What do you push aside — through consumption, distraction, habit?

Take a moment to reflect:

What is it that often keeps you from truly seeing, from truly feeling?

Maybe it's your phone, a glass of wine, shopping, or constantly seeking others' approval. What is your "poison"? Write it down below.



And then ask yourself — what might happen if you dared to look at it, even just for a moment?

Not as punishment.

Not to judge yourself.

But to heal.

Because maybe... in that one quiet moment, you'll find the key to change.

Take action:

Set a small, concrete step for yourself — one that helps you face your "poison" differently.

Instead of reaching for your usual comfort, try this:

- *Take a few deep breaths and feel yourself.*
- *Close your eyes for 30 seconds and listen inward.*
- *jot down one honest sentence about what you're feeling — instead of pushing it away.*

Change the moment... and maybe even the course of your week.

Worksheet for Impulse 15

Imagine:

100 people were given a task: Take care of the well-being of a “hypothetical” person for 10 days. The goal was to keep their well-being score from dropping below 3 (on a scale from 1 to 10, where 10 means super happy and 1 means totally depleted).

Results after 10 days:

- 55 people failed completely.
- 35 people barely kept the score above 3.
- 7 people managed to keep the well-being between 4 and 6.
- Only 3 people ended with a score between 9 and 10.

These 3 were asked why they thought most had failed.

Here’s what they said:

- **They offered only surface-level solutions:** fast food, distraction, no real rest.
- **They rushed through their “care tasks”** without actually paying attention to the person’s needs.
- **They ignored emotional and physical signals** and went for the “easy fixes.”

They were then asked what the others should have done differently to reach such a high level of well-being. Top answer:

You can't pour from an empty cup. If you don't take care of and heal yourself, how can you truly care for someone else? Real care starts with you.

Do you allow yourself rest so you can truly recharge? YES NO

Do you listen to your body to support real healing? YES NO

Do you give your inner voice the space it needs to speak? YES NO

Does your body receive the kind of nourishment it actually needs? YES NO

Do you see yourself as part of nature – and through that, receive balance and meaning? YES NO

Worksheet for Impulse 17

You are not the drop in the ocean, you are the ocean in a drop.

You are part of the whole, connected to all living things.
You carry within you the wisdom of nature, the power of the universe.
The world around you is not separate from you – it is a mirror
in which you can recognize yourself.

Task for today:

Go for a walk. And then: Look for the “Wow.”
Find something that brings silence to your mind.
Something that makes you pause in awe – maybe a leaf dancing in the wind,
the play of light and shadow, or the calming vastness of the sky.

Feel:

I am part of this.
I am connected to all that lives.



And now,

even if it feels strange at first:
Find a tree that speaks to you and touch it for a few minutes. If you can, hug it.
Allow yourself to have the experience, even if it feels unusual.
In Japan, there is an officially recognized therapy called Shinrin-Yoku – also
known as forest bathing. Studies have shown that spending time in the forest
lowers heart rate, regulates blood pressure, and leads to deep relaxation.
The forest has healing power – and you are part of it.

Take your time with this moment, and remember:
You are more than just a small piece – you are the ocean in a drop.

Everything you need is already within you.

Worksheet for Impulse 18

Milgram Experiment: A brief introduction

The Milgram experiment is one of the most well-known psychological studies and was conducted in the 1960s.

The participants were instructed to give painful electric shocks to another person (who was actually an actor), even though they could hear the screams and stress of the supposed victim. The astonishing result was that many participants, even though they felt uneasy and knew they were doing something wrong, continued to administer the shocks under the instruction of an “authority figure” (the experimenter).

***The experiment shows how far people are willing to go** when they are under the influence of authority, even if it goes against their moral instincts and better judgment.*

Reflection question:

What do you think: Why do people do things they know are wrong when an **authority** tells them to? What happens to us when we act against our own beliefs?

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2. Remember a situation in which you said “yes” even though you meant “no.” Why did you agree?

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3. What did you need?

What would you have needed in that moment to stand up for yourself and say “no”?

How would a clear boundary have helped you?

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Worksheet for Impulse 19

"I can't change it, but I can let it go."

Take several pieces of paper and write down what you want to release — an old burden, thoughts, or decisions that no longer serve you.

And then, choose one of the following options:

- Put the papers in an empty bottle and throw it into the sea.
- Place them in a fireproof bucket and burn them.
- Put them in a balloon and let it fly.
- Or simply write it here into the balloons.

Whatever you choose, allow yourself to symbolically let go of the weight.

Feel how you become lighter.

Feel how you are freeing yourself.



Worksheet for Impulse 20

Laughter is like working out while sitting down.

It reduces stress hormones, releases feel-good chemicals, and strengthens the immune and cardiovascular systems. It also boosts metabolism, lowers blood pressure, and increases the oxygen supply in the body. In addition, laughter supports the production of antibodies that help fight off infections.

Laughter supports healing

When you laugh, your body releases happiness hormones like serotonin. Your body feels lighter, and tension begins to dissolve

Laughter protects against pain

Laughter can even have pain-relieving effects. By triggering the release of endorphins in the brain, it activates biochemical processes that lower pain sensitivity and reduce inflammation throughout the body

Laughter improves physical endurance

The diaphragm, your main laughing muscle, drives deep breathing and brings more oxygen into your body. Your blood vessels stay flexible and that can support heart health.

Laughter benefits your mind

Your brain can focus better, and your memory may even improve. Overall joy, enthusiasm for life, and self-worth also rise through the power of laughter
AND... laughter is fun and contagious.

Laughter as a memory trigger

Isn't it amazing how we can remember those moments when we laughed so hard, tears ran down our faces and our stomachs hurt?
Those moments are deeply etched in our memories



Worksheet for Impulse 21

Have you ever noticed how we're often seen as "strong" when it looks like we've got everything under control?

When we manage our emotions, never show weakness, and never let ourselves appear "hurt."

But what happens when you see a friend open up, even when they don't feel strong? Maybe they share that they're disappointed or that they just need a break.

In that moment, they are vulnerable and that doesn't make them weaker, it makes them more honest, more human, more real.

And what about you?

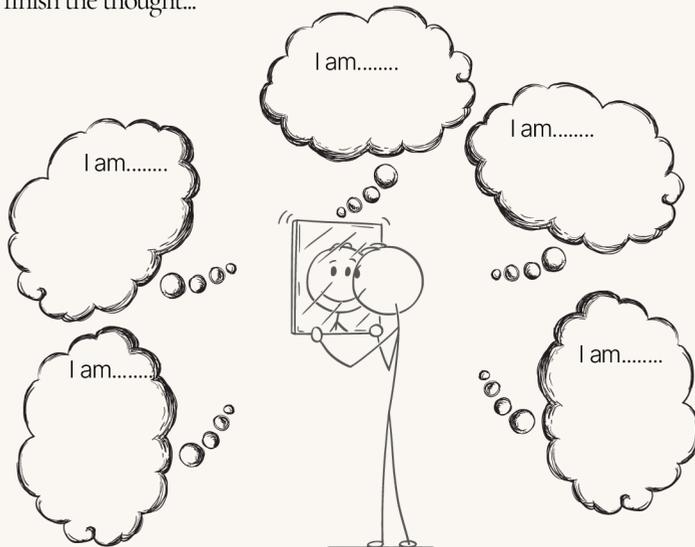
It can feel scary to show vulnerability, especially in a world that praises strength and independence.

But what if true strength lies in allowing yourself to be "weak" sometimes?

In having the courage to say: "I'm tired," "I'm disappointed," or "I'm proud of myself," because you really gave your all.

These moments don't make you less strong, they show you're truly alive.

Now finish the thought...



Worksheet for Impulse 22

Reaction or Reflection?

Think back to a conversation where someone criticized or attacked you. Wasn't your first instinct to defend yourself?

What if today you tried to shift your perspective and understand the other person's emotions instead?

1. Observe the other person's emotions:

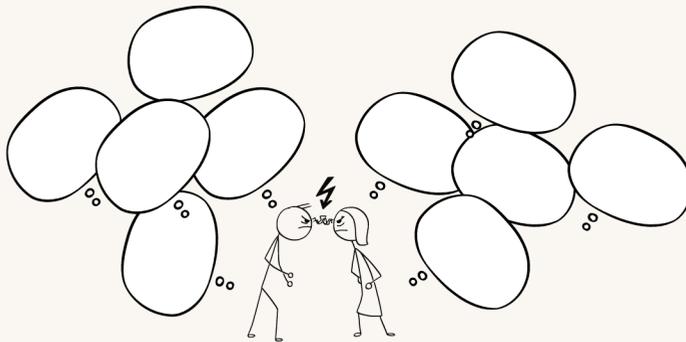
Imagine you're in a conversation where someone makes an accusation.

What emotions might be driving them to speak that way? Fear? Insecurity?

What could you sense behind their words? Note their possible emotions below.

2. Tune into your own state:

How do you feel in that moment? Hurt? Frustrated? What would help you stay calm? What might change in the conversation if your focus was purely on understanding? Note your own emotions below.



Final Thought:

There is more power in **listening** and **understanding** than in being right.

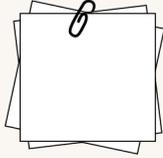
Perhaps the true value of a conversation lies not in proving a point but in discovering something new. Every person brings a world of emotions, experiences, and thoughts into a conversation.

If you try to understand what the other person feels and thinks, without rushing to reply or judge, the conversation might open a door you never saw before.

Worksheet for Impulse 23

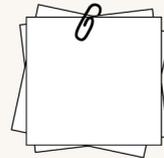
Where are you wearing a mask right now?

What are you hiding to please others or meet expectations?



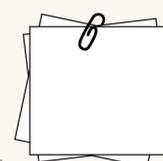
1. The Mask of "Perfection"

What do you show the world to appear flawless?
What do you hide to maintain that mask?



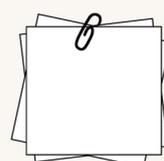
2. The Mask of "Strength"

When do you act stronger than you really feel?
What would you love to show, but don't dare to?



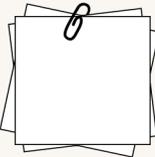
3. The Mask of "Contentment"

Where do you pretend everything is fine, even when it's not?
What are you keeping hidden behind that act?



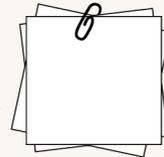
4. The Mask of "Success"

What role are you playing to receive praise or recognition?
What would you rather truly feel or express?



5. The Mask of "Peacekeeping"

When do you avoid conflict and try to keep everyone happy?
What part of you remains unseen in that moment?



6. The Mask of "Adaptability"

When do you adjust yourself to fit in or avoid tension, even if it means going against your true self?

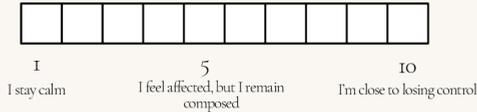
*It's okay to wear these masks, as long as you're aware of them.
But real freedom begins the moment you take them off and show who you truly are.*
You are enough. Just as you are.

Worksheet for Impulse 24

Observe yourself in a conversation. How strongly do you feel driven by your first impulse to react?

1. Your reaction – Where are you on the scale?

Imagine you're being attacked. Where do you find yourself between 1 and 10?



2. The pause – Your moment of stillness:

Count to five. How does it feel to pause?

What thoughts come up? What happens within you when you take a short pause instead of reacting immediately?

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3. Your response – How could you respond calmly?

What would you say now if you remained calm?

Write down a response you could give in that moment.

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4. The effect – How does the conversation shift?

What changes in the conversation when you stay calm and don't react immediately?

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The true power lies in the pause.

You decide how to respond – and that changes the entire dynamic.

Worksheet for Impulse 25

Imagine every action and word you send out is a boomerang

that eventually comes back to you.

What did you send out into the world today? And what are you getting in return? Let's explore it together.

1. Your "Boomerang Energy" - What are you sending out?

Think of a current relationship or situation.

What kind of energy are you throwing into it?



Positive energy
Smile
Openness



Insecurity
Frustration
Disappointment

2. The Boomerang Returns - What's coming back to you?

Take a closer look:

- Is the same energy coming back, or do you feel resistance or rejection?
- Do you feel heard and seen, or does it all seem distant and disconnected?

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3. Your Wish - What would you like to receive instead?

What do you want the "boomerang" to bring back to you?

- *What kind of connection, response, or feeling are you longing for?*

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4. Your Small Shift - How can you steer the boomerang?

Now it gets exciting. What can you change in yourself to send the boomerang in a new direction?

What could you do differently to create a positive shift?

- *How might you bring more understanding, closeness, or harmony into the situation – consciously and gently? You don't need to control everything.*

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Worksheet for Impulse 26

What if I'm wrong?

An example from history:

Ted Bundy was, to many people, the very image of a charming, attractive man. As a serial killer, he fooled most people at first glance because he seemed friendly and his appearance raised no suspicion. He presented himself as a kind, intelligent man, seen by many as harmless, yet he murdered countless young women. A lot of people believe they would immediately recognize a "killer." But the truth is: darker traits often don't reveal themselves right away. *So what happens when we rely only on surface impressions?*

The same applies to our everyday life.

That person on the street with a stern face? They might be the kindest soul you'll ever meet. We're quick to judge someone's character within seconds – based on facial expressions, posture, or a brief interaction.

But what if we chose to see more and judge less?

Questions for reflection:

- Where have you judged someone too quickly, just because they didn't fit your idea of who they should be at first glance?

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- What mistakes do we make when we focus only on appearances and ignore the potential within?

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- What opportunities might we miss if we never take time to discover the story behind someone?

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Worksheet for Impulse 27

Mirror Yourself:

Today isn't about comparing yourself to others – it's about turning your gaze inward, consciously and kindly. Look at your past year – not through the eyes of a critic, but with the recognition of **what you've endured, built, and become.**

1 year ago

Where were you then?
 What did you long for?
 What challenges lay ahead of you?
 And how did that feel back then?



Today

What have you built within yourself since? What have you overcome and healed? Which strengths have emerged ones you might not have believed you had a year ago?

*Take a moment and stay with this reflection. You are not the same person you were last year. **You've grown. You've learned. You've moved forward.***

Worksheet for Impulse 28

Today is about understanding that no one else can make us whole.

1. Who am I missing?

Take the worksheet and look at the silhouettes. Which person or relationship comes to mind **immediately**?

Who is it that you miss? Write the name of the person inside the silhouette.

- How does it feel when you think of this person?
- What emotions come up?

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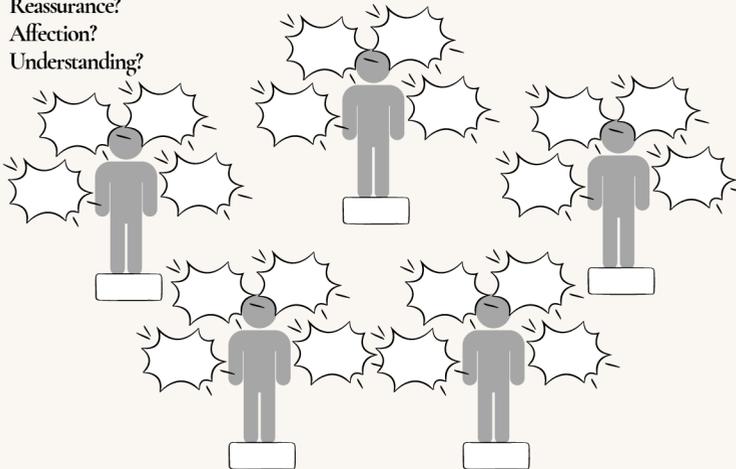
2. What exactly do I miss?

Around the person you wrote down, you'll see several bubbles.

Each bubble represents a feeling you associate with this person or relationship.

Fill in the bubbles with the emotions you miss most.

- Is it a sense of **safety**?
- **Reassurance**?
- **Affection**?
- **Understanding**?



3. How can I give this feeling to myself?

Now it gets interesting. It's not someone else's job to make you feel whole.

You already are. But why do you feel incomplete?

If you're longing for a sense of safety – what can you do to give that to yourself?

A warm bath? A quiet moment just for you? If you're looking for reassurance – what kind of words can you offer yourself today? What strength do you have that you're proud of?

Worksheet for Impulse 29

Breath is like an anchor... to the present moment

Your breath is a powerful anchor that keeps you grounded in the now.

You can't breathe in the past or in the future... Breath only happens here, in this very moment. It brings you back to yourself.

How are you?

- **Place your hands** gently on your belly, your fingertips lightly touching.
- Close your eyes, if you'd like, and take one deep breath in.
- Feel the air flowing into your body, lifting your belly just a little.
- Now exhale slowly and fully, letting your belly sink again.
- Repeat this deep breathing, bringing your full attention to the movement of your belly.
- Imagine directing your breath past your ribs, all the way down into your belly.
- And if thoughts show up, let them drift by like background noise on a radio. Your breath remains your anchor, bringing you back to the here and now, again and again.

Practice:

- Inhale deeply and feel your belly rise.
- Exhale completely and feel your belly fall.
- Repeat for a few minutes and allow yourself to truly arrive in this moment.

Your breath is always with you —
no matter where you are.

It brings you back to the now
without you needing to do anything else.

Every time you feel yourself slipping away from the moment,
remember:

Your breath is your anchor.



Your breath is always with you — no matter where you are. It brings you back to the now without you needing to do anything else. Every time you feel yourself slipping away from the moment, remember: Your breath is your anchor.

Worksheet for Impulse 30

Before you close this book, take a moment to feel grateful.

Not because everything is perfect, **but because you are here because you're alive**, you feel, and you keep going.

Just think about it: A vast journey, thousands of chances and you **ended up right here**. That alone is a pretty good reason to feel grateful.

Now write down what you're grateful for in this exact moment:



Gratitude is the magic that anchors us in the now.

You're here. You're alive. You made it this far — and that, in itself, is something to be proud of.
