

Your Fear-Free Upgrade - Reflection Exercises & 7-Day Plan

Five exercises against worry and anxiety plus a 7-day plan that guides you step by step towards more lightness and calm.

5 reflection exercises for more calm

Take 10-20 minutes per exercise and write by hand. Fear loses power the moment it is on paper.

1. Worry inventory

Write down everything on your mind – unfiltered, for five minutes straight. (20 min)

- What can you influence, what not?
 - Which worry has been returning for months?
 - What is the realistic worst case – and how would you handle it?
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2. The trigger check

Observe for one day when inner restlessness rises. (15 min)

- In which situations, with whom, at what time of day?
 - Which thought precedes the restlessness?
 - Which body signal shows up first?
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3. Disarm the thought

Take your strongest anxious thought and examine it like a neutral observer. (20 min)

- What evidence supports it, what contradicts it?
 - What would you tell a good friend about it?
 - What is a more realistic sentence?
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4. Your calming anchor

Build a 3-minute routine that settles your nervous system. (10 min)

- Which breathing pattern works for you (e.g. in for 4, out for 6)?
 - Which place, sentence or movement reliably calms you?
 - When do you practise it daily – before you need it?
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5. Courage experiment

Choose a small situation you have been avoiding. (15 min)

- What is the smallest possible step into it?
 - When exactly will you take it?
 - What did you learn about yourself afterwards?
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7-day transfer plan

One impulse per day – 10 to 20 minutes for noticeably more lightness.

Day 1 Notice

Write your worry inventory – five unfiltered minutes.

↳ *What appears surprisingly often on paper?*

Day 2 Spot triggers

Log every moment of restlessness with situation, thought and body signal.

↳ *Which pattern do you recognise?*

Day 3 Test thoughts

Take the strongest thought and formulate a more realistic sentence.

↳ *How does the new sentence change how you feel?*

Day 4 Calm the body

Practise your 3-minute breathing routine three times – morning, noon, evening.

↳ *When did the routine work best?*

Day 5 Break avoidance

Take a small step into a situation you have been avoiding.

↳ *What was easier than expected?*

Day 6 Ask for support

Talk openly about one of your worries with someone you trust.

↳ *What changed by saying it out loud?*

Day 7 Anchor

Decide which two exercises you keep for the next 30 days.

↳ *How will you know in 30 days that it works?*

Printable version of all 5 exercises + 7-day plan · A4 · free