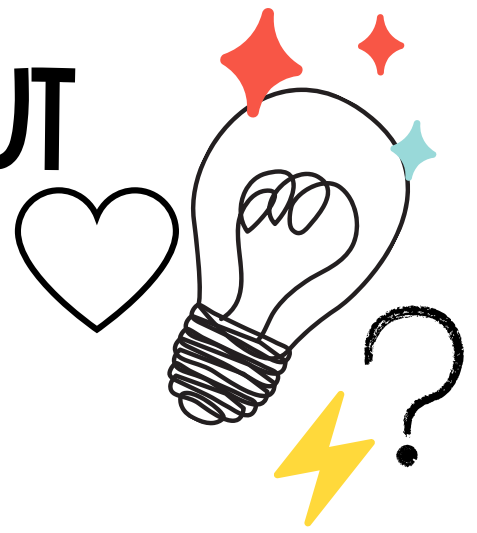


# JEALOUSY WORKOUT

Write in each of the boxes what you are jealous about or who you are jealous of and why?



# WORKOUT THE JEALOUSY OUT OF YOUR HEAD!

Jealousy is a story made up in your thoughts. So create a new story by re-writing new positive thoughts.

I do not need to be jealous because:

•

Being jealous is silly because:

•

When I waste time being jealous I do not get to:

•

When I am jealous I feel:

•

When I am jealous I treat others like:

•

If I did not allow my jealousy to control my thoughts and actions I would be able to:

•