

Hearts and waves exercise

Sometimes we want something so much that even thinking about it brings up a rush of nerves, worry or fear. That's not a sign that something has gone wrong. It usually means you've found something that really matters to you.

We call the thing you care about your HEART. We call the tricky feelings that show up when you move towards it your WAVES. WAVES are ever present, but their intensity rises and falls with each wave. This worksheet is a space to name both of yours.



NAME YOUR HEART

What's something you care about, want more of, or wish you could do?
It can be big (career, friendship, a trip) or small (joining a club, trying something new, speaking up in class)



NOTICE YOUR WAVES

When you imagine moving towards that heart, what feelings show up?
Write down whatever's honestly there - nervous, excited, embarrassed, scared, hopeful.
Waves are often a mix



LISTEN TO YOUR ADVISOR

Your advisor is the voice in your head that comments, warns and predicts. It's trying to help, even when it gets loud. What does your advisor say when your waves show up?



THE MOVE

A discoverer move is one small, doable step towards your heart, even with the waves still there. It doesn't have to be huge. It just has to be a step.

REMEMBER!

There are no hearts without waves. If the feeling is big, it often means the heart is too. You don't need the wave to go away before you move. You just need to be willing to bring it along.