



Exploring Your Relationship with Productivity & Discipline

A reflective worksheet

There are *no right or wrong answers* here. The goal is simply to notice what comes up.

1. Is my relationship with productivity and discipline healthy?

When does discipline help me feel grounded, fulfilled, or balanced?

When does it start to feel rigid, exhausting, or tied to pressure?

2. What purpose does being highly productive serve for me?

What do I gain from staying productive or constantly busy?

- Control
- Validation
- Achievement
- Safety
- Avoidance
- Self-worth
- Praise from others
- Distraction from emotions
- Other: _____

What feels uncomfortable about slowing down?



3. What parts of my routine do I love? What parts do I dread?

Parts I genuinely enjoy or value:

Parts that feel draining, stressful, or performative:

4. How connected is my self-worth to productivity?

How do I feel about myself on days when I accomplish a lot?

How do I feel about myself on slower or less productive days?

Do I believe I am still valuable when I am resting, struggling, or doing less?

Final Reflection

What is one way I can allow myself to rest this week?
