

Check Your Baggage and Fly

Discussion Prompts and Worksheet

Discussion Prompts:

Do you recognize your baggage?

What did you discover about yourself?

Were you able to trace the origins of some of your emotional baggage?

In what ways have you been managing your baggage?

What will you try now?

In reading, did you realize that you have baggage that you have not yet addressed or maybe even acknowledged?

What can you apply to assist in dealing with your baggage?

What affirmations can you come up with to check your baggage?

How are you taking care of your mental health?

Baggage Check Worksheet

Name: _____ Date: _____

Step 1: Recognize Your Baggage and Its Origins

- What are some emotional patterns or reactions you frequently experience that feel heavy or negative? (e.g., anxiety, anger, sadness, fear of commitment, procrastination)

- Where do you think these patterns might have come from? (e.g., childhood experiences, past relationships, societal pressures, specific traumatic events)

Step 2: Understand the Purpose Your Baggage is Serving

- In what way might this "baggage" have protected you or helped you cope in the past, even if it's not serving you now? (e.g., avoiding vulnerability to prevent hurt, perfectionism to gain approval)

Step 3: Check Your Baggage and Decide How to Handle It

For each piece of baggage identified above, consider these actions:

- Baggage Piece:
 - ☐ Discard/Let Go
 - ☐ Repack
 - ☐ Acknowledge (not control)

Action Plan:

-
- Baggage Piece:
 - ☐ Discard/Let Go
 - ☐ Repack
 - ☐ Acknowledge (not control)

Action Plan:

- Baggage Piece:
 - ☐ Discard/Let Go
 - ☐ Repack
 - ☐ Acknowledge (not control

Action Plan:

Step 4: Upgrade Your Emotional Responses and Coping Mechanisms

- What new, healthier coping mechanisms or emotional responses can you develop to replace outdated ones? (e.g., mindfulness, assertiveness, setting boundaries, seeking support)

- What is one specific "upgrade" you will commit to practicing this week?

Step 5: Suspend Judgment of Self and Others

- In what situations do you tend to be most judgmental of yourself or others?

- How can you practice extending empathy and understanding in those situations?

Step 6: Operate with Grace and Compassion

- How will you show yourself grace when you encounter setbacks or struggles on this journey?

-
- How can you extend grace and compassion to others in your daily interactions?
-

Personal Affirmation for Flying Free:

"I am committed to acknowledging my past, releasing what no longer serves me, and embracing a future of emotional balance and freedom. I operate with grace and compassion for myself and others, ready to soar."