

**Julie Doherty – Health Transformation
Brilliant Mind
Worksheet for How to Move from Impatience to Patience**



MOVING FROM IMPATIENCE TO PATIENCE: Developing Patience is something that is proactive, it requires you to be fully involved and to give it your full attention.

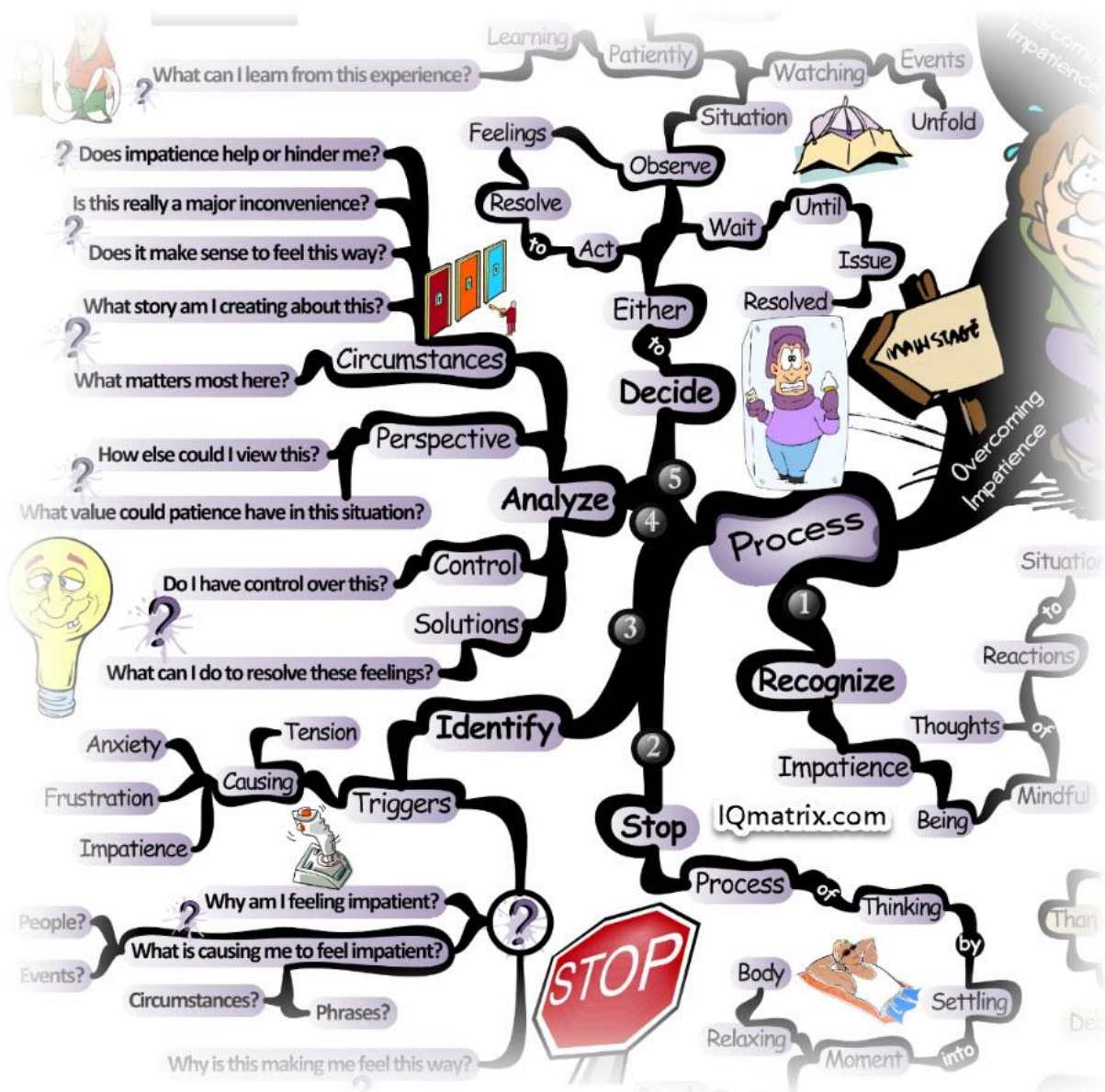
Liken it to you putting on the car brakes when you want the car to slow down. When you slow yourself down, as you do with your car. It gives you time to assess, gain the necessary perspective required to follow through with your next step and actions necessary to move forward once again.

When you continue to accelerate, believing that this will get you to your destination faster, without taking the time to evaluate, access and gain perspective, it is highly possible that you will not see the other vehicle in your blind spot and consequently, the result will be a car crash.

This worksheet provides you with Five Step Process for Overcoming Impatience will give you the ability to put on the brakes, reassess, improve your perspective, and assess the situation for a positive outcome.

No matter how diligent and self-aware you are, there is always a chance that at times impatience can get the better of you. As you have learnt in this Lesson, that “The Art of Develop Patience is a Major key to your success.” And if you do not put the effort in to developing this skill, it can hurt and prevent the progress of your success in many ways.

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5 Steps to Move from Impatience to Patience

Here I have for you a five-step process, that you can use that will help you become even more self-aware of your own reactions and responses to the events and circumstances happening in your life. By following and actively working with these five steps, you will be able to more effectively handle situations that otherwise you could have been at risk of responding impatiently.

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Step 1: Recognize Your Impatience

Initially it is important to recognize the moment you are getting a little agitated, anxious, and impatient. To do this it is important to bring to your conscious thoughts what is happening and what your reactions are to this event, challenge, crisis, or dilemma.

Becoming more mindful, bringing your feelings and thoughts to your conscious mind will become an automatic habit with daily practice. It requires regularly turning inward and reflecting upon your feelings at any given moment in any given situation.

As recognizing your impatience becomes a developed habit, you will not be as easily caught up in the grip of impatience.

Step 2: Stop the Process of Thinking

Having recognized your impatient reactions to the event, challenge, crisis, or dilemma, it's now time to settle into the moment by calming your mind and body.

Begin with taking a deep breath in and out and quietly tell yourself to “Relax now... Relax now... Relax now...”. The key here is to relax your mind that will in turn relax your body, helping you to think more clearly.

Step 3: Identify the Triggers

Now that you are feeling more relaxed with a calmer state of mind. Bring to your conscious mind, the event or situation at hand and what happened to bring about feelings of impatience. Here it is important to identify what exactly triggered your tension, anxiety, frustration, or impatience in the first place. By gaining clarity as to the trigger or triggers will help you in dealing with the event or situation in a patient and positive manner.



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Ask yourself these 5 Questions:

1. Why am I feeling impatient in this moment?

2. What specifically is causing me to feel this way?

3. Are there any specific people, events or circumstances that have made me feel impatient?

4. What specifically has happened or what exactly have people said or done?

5. Why exactly is all this making me feel this way?

To begin with these questions are going to seem to take up too much time. But let me assure you, it will be well worthwhile your effort in taking the time to answer these questions, learning them and your positive answers off pat. Begin with making this a daily habit for 28 days, with this continued practice. Overtime these questions and answers will just come about automatically, making life a lot easier, happier, and less stressful.

Step 4: Examining the circumstances! What is Happening!

Digging a little deeper, now that you have a clear understanding of what is triggering your feelings of impatience. It is now time to connect with those feeling, so that you can feel differently about the circumstances and events that are happening. The goal that you are working to achieve here, is to move from the feelings of impatience to feelings of patience where you can feel happier about the circumstances that you are facing.

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An important place to start is to look at the circumstances of what is happening by asking yourself these questions -

1. *How is my impatience hindering me in this situation?*
2. *Is this a major inconvenience or am I completely blowing things out of proportion? If this situation major inconvenience, how can I handle the situation better.*
3. *What positives can I find in this situation?*
4. *I am I making assumptions on what I think I know and not actually communicating effectively to understand, what is happening?*
5. *Who can I speak to, to find out more information that will ease my mind?*
6. *Can I help in anyway to bring about a positive outcome to these circumstances?*
7. *What is the most important thing that is happening here and how will changing my thoughts make it better?*
8. *Do I have any control over this situation?*
9. *If your answer is yes. What can you change or influence to support a positive outcome or implementing a solution to the problem?*
10. *If you have no control over the circumstances, what can you do to let go of your feelings of impatience?*

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A Great deal of the time when you feel impatient it is because you feel as if you have no control. And in desperation for the circumstances to become better, you desperately want to take control. In these circumstances it is easy to become anxious, angry, frustrated and agitated.

The problem here is that you will **NEVER FEEL BETTER**, while you are concerned about not having control over something or someone. Because it just is not possible. The only control you have is with your reactions.

It is during these times that for your mental and emotional health that you must accept how things are and move forward with your life. Taking control of your thoughts, emotions, and feelings.

5: Resolving your Feelings of Impatience into Patience

Having work through the steps to recognize where your feelings of impatience are coming from, stopping your impatient thoughts, identifying your triggers, examining your circumstance and what is happening. Now let me help you how to resolve these feeling of impatience. One of the major steps is identifying the triggers.

Once you have worked through the previous four steps that bring you now to the fifth step. As you are aware resolving your feelings of impatience into patience – Takes practice: practice and more practice.

The act of being patient begins with self-compassion. To treat yourself with love, compassion, forgiveness, and kindness. This is the Secret Key to moving away from impatience to patience.

The reason I place so much importance on Building a Brilliant Mind, is that there are times in your life (as I know from personal experience), when your mind becomes unruly, you feel like a mad person. It is with the consistent practice of becoming mindful about your impatience that will move you away to feeling a happier and more balanced human being.

Traffic Jam: If you are in a traffic jam – there will always be something that you can use to resolve these feelings such as listening to your favourite music, checking out the different colours and types of cars.

Long Checkout Line: Finding a friendly person to chat to, reading some of the ridiculous headings on the magazines, how everyone looks different, making it a time to relax, enjoy the moment where really, you do not have to do anything. I find it a great time for daydreaming.

A Simple and very effective way to resolve feelings of impatience, anger, anxiety, and stress is to always “Cultivate Kindness”. It is better than any “chill pill”. The transformation and move from impatience into patience, is well worth the effort because being patient is a way of treating yourself with compassion, kindness, and love, helping you to accept how things are, feeling better about yourself and other people.