



What do I Worry About?

The objective

We worry when we don't know the outcome of a situation. This worry brings uncertainty and discomfort. Use this layout chart to map out what you worry about in a given situation.

Pause

Take a pause from your thoughts and worries. Close your eyes and take a couple of deep breath.

Define the situation that is worrying you.

Expanding

Now we're ready. Let's go!

Choose 3 cards, face up or face down, and place them on the chart. Answer each question in relation to the photo and text on each card.

Focus and action

In the end we should put our energy in the areas that we can control. So write down your main insights.

Next write down three actions that will allow you to worry less - one for today, one for next week and one for the upcoming month.

Good Luck :)

[2] What is out of my control?

My card:

[1] What can I control?

My card:

[3] What can I influence?

My card:
