

THE WORRY WORKSHEET

Stress and worry generally come when we anticipate the worst possible outcome and/or when we don't have a plan to address it. Well, we're going to put a dent in the worry wheel (because it often literally feels like a gerbil wheel that we can't seem to hop off of).

EXAMPLE

1

WORRY

I won't make enough money to live the quality of life I want to live.

2

WORST THAT CAN HAPPEN IF THE WORST HAPPENED

I will live a more modest life and potentially have to grind to make ends meet. I'll be embarrassed and angry with myself for not realizing that goal.

3

WHAT WOULD YOU DO IF THE WORST THAT COULD HAPPEN, DID HAPPEN?

I would make a plan to start over. I would use my resources and contacts to help me move forward.

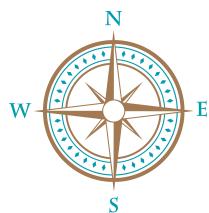
4

WHAT CAN YOU DO TO ENSURE (AS BEST YOU CAN) THAT YOU DON'T GET THE WORST OUTCOME?

I can begin to dial down my finances in order to create more disposable income. I can get a part-time job with the understanding that my goal is save money through this sacrifice of time.

YOU HAVE A PLAN FOR THE WORST!!

NOW WORK LIKE HELL TO MAKE SURE THAT THE WORST DOESN'T HAPPEN!!



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YOUR TURN

Name the worry

What's the worst that could happen if this worry came to fruition?

What would you do if the worst that could happen, did happen?

What can you do to ensure (as best you can) that you don't get the worst outcome?

NOW TAKE A DEEP BREATH AND GET TO WORK!

