

A Week of Worries

A week-long record of what you worried about and how it actually turned out.

WHEN TO USE THIS

Use this for seven days, adding one line each evening.

One line a day is enough. It does not have to be the biggest worry, only one you noticed.

Fill in a line each evening, then come back and finish the last column.

DAY	WHAT I WORRIED ABOUT	HOW IT TURNED OUT

At the end of the week, how many turned out the way you feared?

What did you learn about your own worries from the week?

Your memory keeps the worries that came true. Paper keeps the rest of them too.