

What Worry Keeps You From

Names what worry has been costing you, and picks one small way back in.

WHEN TO USE THIS

Use this when you notice your world has gotten smaller than you want it.

What have you put off or stayed away from because of worry?

1. _____
2. _____
3. _____
4. _____
5. _____

Pick the one that costs you the most. What is it, and what does it cost?

How hard would the smallest version of it be?

0	1	2	3	4	5	6	7	8	9	10
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Doable today

Nearly impossible

What is that smallest version, and when will you try it?

Drive past it. Send one text. Stand in the doorway a minute.

Small steps back count. You are not required to start with the hardest one.