

# Workout *Your* Worries

Your worries will be easier to manage when you categorise them. In the first section, list your worries that you may be able to resolve. In the second section, list the worries which are out of your control that you can simply throw in the bin!

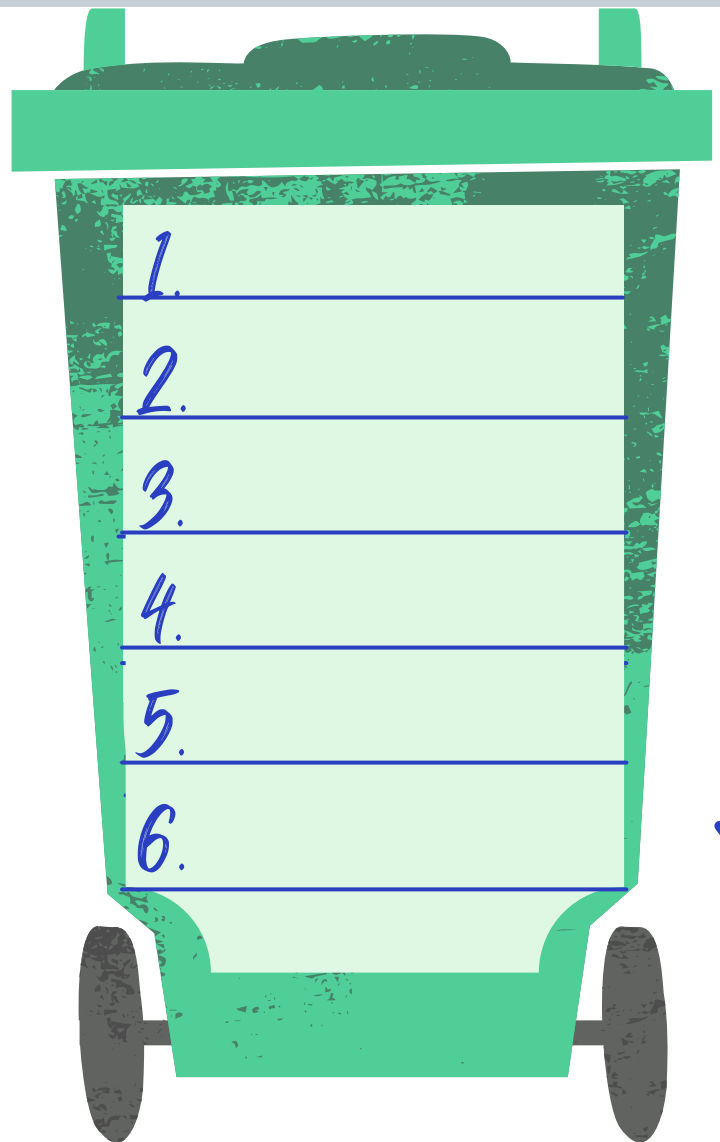
## 1. Worries that I CAN take action on.



One by one, work out step-by-step solutions for each worry!



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



## 2. Worries that I CAN'T control.

