

# WORRIES OR CONCERNS

DATE: \_\_\_\_\_

WHAT AM I CONCERNED OR WORRIED ABOUT?

Fill in the table below... but make sure you do it in this order.

FIRST - In column 1, do a brain dump of all the things concerning or worrying you.

SECOND - Now address each worry/concern individually i.e work through columns 2, 3 & 4 before moving on to the next.

THIRD - When you've completed column 4... then take that action!

BY JUST GETTING THESE ISSUES OUT IN THE OPEN... YOU WILL START TO FEEL BETTER 😊

① WHAT AM I CONCERNED OR WORRIED ABOUT?	② WHAT IS IT SPECIFICALLY THAT WORRIES OR CONCERNS ME?	③ WHAT CAN I DO - MAYBE WITH THE HELP OF OTHERS - TO ADDRESS AND MAKE THIS BETTER?	④ WHAT SPECIFIC ACTION DO I NEED TO TAKE NOW TO ADDRESS THIS MATTER?