

Analyzing Worry and Moving Forward¹ In Four Parts



I. State the worry or challenge objectively:

II. Realistically, what is the worst that can happen?

Knowing that the worst almost never happens, what first steps can you proactively take if it did?

III. If the worst doesn't happen, then what next steps might you to take in order to handle the situation?

- 1)

- 2)

- 3)

IV. Carefully weigh all the facts and options.² **MAKE A DECISION & ACT ON IT³**. I will do the following:

The Serenity Prayer

by Dr. Reinhold Niebuhr

God grant me the serenity
To accept the things I cannot change,
The courage to change the things I can;
And the wisdom to know the difference.

¹ Inspired by Dale Carnegie's wonderful book *How to Stop Worrying and Start Living*

² Do not getting bogged down in worry about the "best" decision or spending too much time fretting the options. Trust your gut and the objective facts..

³ If it helps, break down your decision into small, manageable steps to help you get moving.