

Cheat Sheet for the Worry Reduction - Stop Overthinking Challenge

1. Keep a Worry Chart.
2. Replace worst-case scenario thinking. View the worry from different perspectives. (long-term, best-case scenario, first-world problem vs. third-world problem)
3. Get comfortable with uncertainty. Trust that, in the end, things will work out.

[illegible]

Bonus Challenge – One month after taking the challenge, look back at the list. Notice how things turned out. What insights did you gain from allowing time to pass?
