

What's worrying you?

Inspired by Dale Carnegie's book, "How to Stop Worrying and Start Living"

An exercise to take stock of your biggest concerns and then deciding what actions to take.

1. Write down the answers to this question: What's the worst that can happen if I don't solve this problem?

Write down everything you can think of.

2. Now look at the list and reflect on what's there. Prepare yourself to accept the worst.

Take a few minutes and prepare yourself to accept the worst.



3. Now try to improve on the worst by writing down all of the actions you could take to prevent or reduce the effect of the worst things that could happen.

Think about which you want to act on right now.

4. Finally, make a commitment by asking yourself, what's at stake if I don't address my problem in a healthy way? And, what do I have to gain if I do address it in a healthy way?

These final questions can help you strengthen your resolve and select the right next steps forward.

We know that worrying can be paralyzing and cause fear to grow if left unchecked. When worry gets intense an exercise like this helps clarify what's bothering you most and why, and gets you moving to in a positive direction.

*This exercise works for
teams too!*

The Change Decision is a change and workplace culture company focused on **joy at work.**

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