

# *Secrets of Reducing Unnecessary Worry*



Today's action step is to learn the purpose worry serves in your life so that you can decide whether it is useful to your wellbeing or an unnecessary burden.

## Discover How This Worry Might Be Useful

Today's action step is to learn the purpose worry serves in your life so that you can decide whether it is useful to your wellbeing or an unnecessary burden.

Sometimes worrying calls your attention to something you actually can do to enhance your life. In that case you can use your experience of worry as a signal to take action to protect yourself. After you take action, the worry has served its purpose and you no longer need it. Often though, worry becomes a habit and a distraction from even noticing an uncomfortable situation that would take asking for help or learning new skills to resolve.



At the end of the day, journal your accomplishments in the section provided below. By prioritizing time to take action and reflect on your activity and results each day, you'll maximize the benefits you'll receive from this opportunity.

**What I Accomplished Today**

Take 5 minutes to complete these statements in the space provided. Use worries 1, 2 and 3 from Challenge Step 1

***Do it now instead of creating a new worry about how and when you will complete today's challenge step.***

When I worry, I am trying to protect myself from:

Worry#1. \_\_\_\_\_

Worry#2. \_\_\_\_\_

Worry#3. \_\_\_\_\_

If I actually take some action such as locking a door or making an appointment with an expert it might affect this worry by:

Worry#1. \_\_\_\_\_

Worry#2. \_\_\_\_\_

Worry#3. \_\_\_\_\_

The protective action I could take that would relieve this worry is:

Worry#1. \_\_\_\_\_

Worry#2. \_\_\_\_\_

Worry#3. \_\_\_\_\_