

Worry Buster

Do you worry? Are you anxious? Do you spend time thinking and worrying about things you don't have control over?

Is being worried, anxious, or frustrated keeping you from being who you want to be?

This guide will help you move from where you are today to a place of more happiness.



To bust those worries, start by writing down what you are most worried about now.

You worry when you want to change something and think you can't.

You feel powerless.

You can move from feeling Powerless to feeling Powerful or Satisfied by making a small adjustment to your thinking.

Do you think life is better when you don't feel Powerless?



**To move from Powerless to Powerful,
shift from feeling you
can't make a change, to
believing you can.**

**You can start to make
small changes that get you
moving in the right
direction.**

**To move from Powerless to Satisfied,
shift from wanting to
make a change to
accepting what is now.**

**This is not the same as
giving up. It's more about
releasing your resistance
and attachment.**

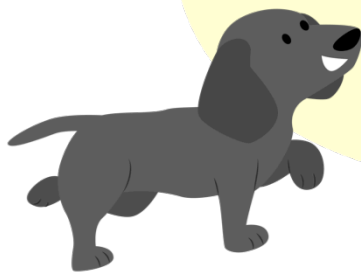
CHOOSE WHAT YOU THINK

Choose to be Powerful

Choose to be Satisfied

Now, choose which direction you want to move. Do you want to move to Powerful or Satisfied?

One is not better than the other. You can choose.



You can come back to this step if you change your mind later.

MAKE YOUR TO DO LIST

Write down the actions you will take today and over the next few days to shift your thinking to Powerful or Satisfied.

Be specific and be realistic. Only list what you can and will do.



For Powerful, write down things you can do today to move you in the direction you want. Just a small action will start the ball rolling.

Don't plan too far ahead, focus on what you can do now.

For Satisfied, write down what you like about the current situation. Don't force it. Try to find something you are okay with.

It's the small things that matter.

DO IT !!

Don't skip this step!

Now that you know what to do, you must do it.

Each day, go back to your list and do what you think you should do to become more Powerful or Satisfied.

Add items to your list as ideas come to you. Remember to stay focused on what you can do now.



YOU CAN CHOOSE To Be Happier

Congratulations!

You are taking the most important steps to bring happiness and less worry to your life.

You will stop feeling powerless as you continue to write down what you can do and DO IT!

Your happiness will increase as you increase your sense of power and satisfaction.



You can't worry and feel Powerful or Satisfied at the same time. You Can Choose.

